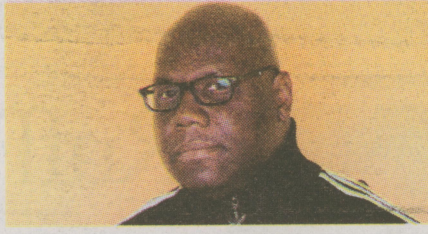




The fight
for the right to sleep
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Born to spin:
DJ Carl 'Big Black' Cox
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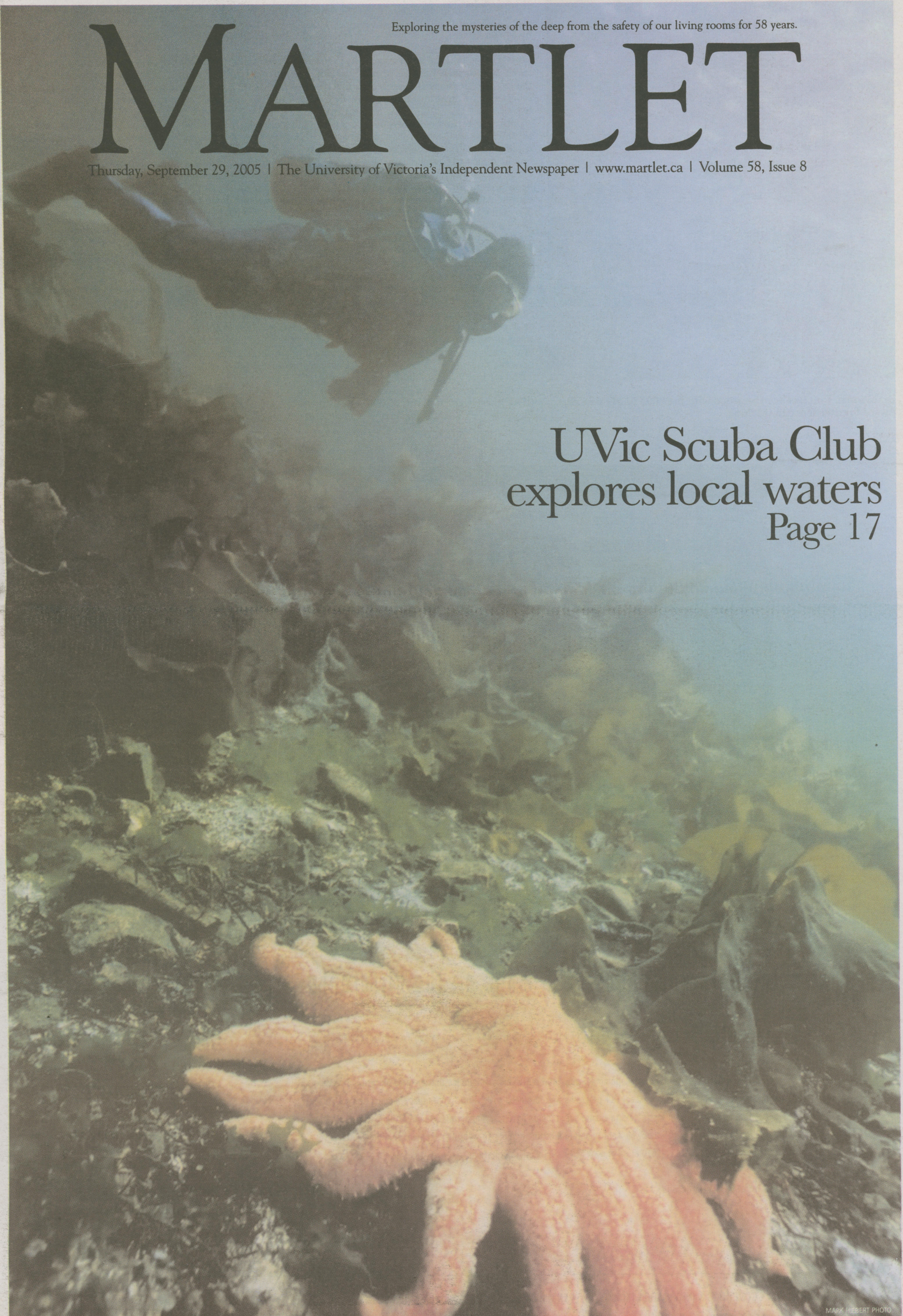
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MARTLET

Thursday, September 29, 2005 | The University of Victoria's Independent Newspaper | www.martlet.ca | Volume 58, Issue 8

UVic Scuba Club
explores local waters
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Dr. Norman Ruff has been awarded with the 2005 Pierre de Celles Award for excellence in teaching.

Ruff has the right stuff

Retired UVic prof honoured as an 'exceptionally effective and creative' teacher

by Micah Luxen

Retired UVic political science professor Dr. Norman Ruff has spent the last decade being hounded by reporters for insight into B.C. politics.

Until his retirement this past summer, his colleagues say, he could often be seen outside campus buildings facing television cameras. "For the last 10 years he's probably been the most frequently cited commentator on B.C. politics, on TV, radio, in the newspaper," says Dr. Warren Magnus, a UVic political science professor and Ruff's former colleague. "So anytime anything happens in B.C. politics, Norman would complain that he'd come out of class and there'd be 13 phone messages from reporters."

But despite his significant success as a political commentator, Ruff's main passion throughout his 37-year teaching career has always been his students.

And for that the Institute of Public Administration of Canada (IPAC) has awarded him the 2005 Pierre de Celles Award for "exceptionally effective and creative teachers."

Ruff, who is still beaming over the honour, says his teaching philosophy is based on respecting students, who, he has found, are then likely to reciprocate.

"When I first drew up my will," he says, "I thought of my family and the lawyer says, 'Is there anyone else you feel you have a moral responsibility to?' In a moment of truth, I said, 'Well, my students.'"

His former co-workers could not be more pleased with IPAC's decision to honour Ruff. "He's always been, if not the most dedicated teacher, at least one of the most, in the department," says Magnus. "What students appreciated particularly was that he is so open, friendly and supportive. [He] is a very open minded person."

Ruff says his dedication to his students and pursuit of political understanding are rooted in his desire to change the world through education. "Why am I a political scientist? I read Charles Dickens," he says. "It's important not to only know about

things but to change them as well." Ruff adds that there are a number of ways one can make change.

"Knowledge is power and if you make people more aware of a situation, that's the beginning of change and improvement."

Magnus sees the award as a reflection of the department's fondness for a professor who has inspired the rest of the faculty to focus on building strong ties with their students.

"What was really admirable is that [Ruff] put so much time into his teaching," says Magnus. "There's a huge amount of pressure on us at the university to devote our time to research because most of the rewards come to the scholars who publish a lot of books. Too often I see students, particularly undergrad students, get forgotten in the quest for distinction. [He] was never like that... he is a model for all of us."

Ruff has always had one political foot in academia and the other in the government. He has been a civil servant as both the secretary to and a member of the Royal Commission.

"I enjoy giving advice to power and not just being tied up in the ivory tower," he says. "I've always thought it's important that what I teach will have a direct policy relevance as well. It's more fun being a jockey than a horse."

The political scientist's career began in the 1960s, when he graduated with an MA from McMaster and went on to work for the treasury board of New Brunswick.

"I found I was rising very quickly and I thought, 'Oh wow, this is the rest of my life.' So then I got my PhD at McGill in order to make myself a little more mobile," he recalls. Ruff then accepted a teaching position at UBC for a year, and in 1969 he moved to UVic, where he taught until his retirement in June 2005.

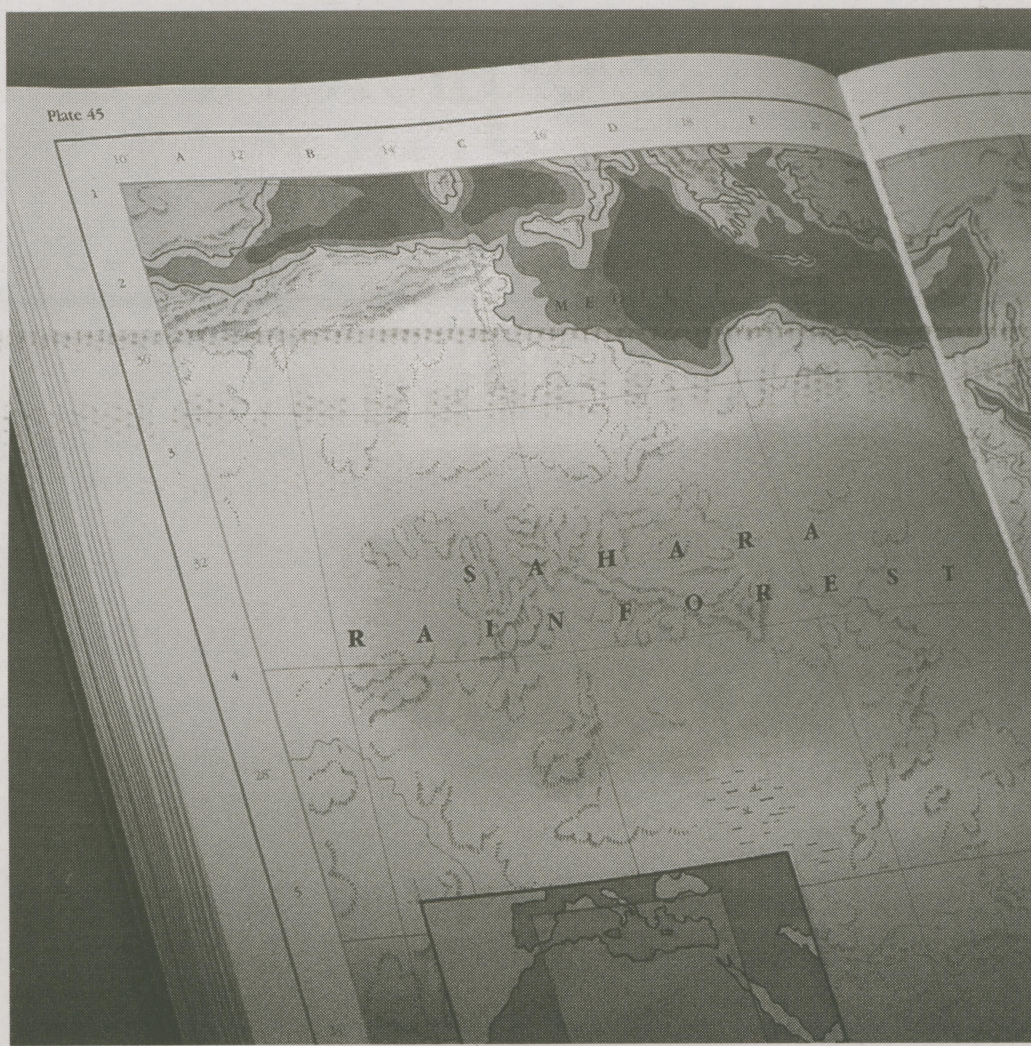
"I was starting to teach the children of my previous students," he says of his recent retirement. "It's time to move on before I'm teaching the grandchildren."

But Ruff hasn't ended his study of politics just yet.

"There is a long awaited book which I'm finally going to finish—*The Ruff Guide to B.C. Politics*—I'll try to finish that up by Christmas," he says.

Although modest about the award, Ruff feels receiving the Pierre de Celles Award at the end of his teaching career is something of a testament to his years of hard work.

"I always thought that it's my own satisfaction that's important, but it's also nice to see something tangible," he says.



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BIG Info Session is October 12.



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Homeless man fights for the right to sleep

Victoria 'monk' insists in B.C. provincial court that sleeping on public access property is not a crime

by Shannon Griffin

What would you do if you didn't own or rent a place where you could sleep, but it was illegal for you to sleep anywhere that you didn't own or rent?

If you were David Arthur Johnston, the answer would be to sleep at St. Ann's Academy repeatedly, get charged with mischief and have seven court trials for breaching the condition not to go back there.

Up until Sept. 23, the homeless man had simply pled guilty on every one of his court dates and then ignored the judges' orders not to set foot on the historical, downtown Victoria site again.

But during his most recent appearance in provincial court, Johnston entered no plea at all, in protest of the concept that sleeping on public access property is a crime. The absence of a plea translates into a plea of not guilty under Canadian law, and the verdict of Johnston's case will be heard on Oct. 25.

Johnston has been fighting for the right to sleep at St. Ann's Academy since he began sleeping there about a year and a half ago.

The native Albertan is a baker by trade, but began living, in his words, as a "monk without a monastery," after experiencing an epiphany in 1997. Today he eats mostly out of dumpsters and refuses to touch money.

Johnston says his case is "not really about the right to sleep at all any more. It's about truthfully acknowledging that the Crown has no au-

thority." He feels the Crown is a tyrant for waking peaceful homeless sleepers who have nowhere else to go.

Victoria shelter managers have verified Johnston's claims that there really is no shelter to be found for most of the city's homeless population.

"Victoria has a 0.5 per cent vacancy rate and one of the highest rent averages in the country," said Don McTavish, Manager of Shelters for the Victoria Cool Aid Society.

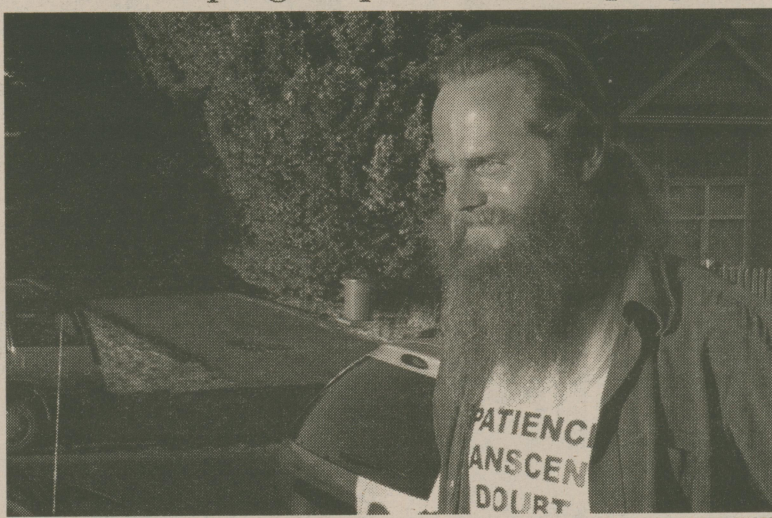
While it is difficult to calculate the actual rate of homelessness in Victoria, he says, at last count there were approximately 700 homeless people in Victoria. There are currently less than 100 beds available at emergency shelters throughout the city.

Once a person is admitted to a shelter, they are allowed to stay up to 10 days. After that they can submit an application to stay for longer, but McTavish says typically a homeless person has 10 to 30 days to get through their crisis and find sustainable housing.

"There's not a lot of options out there," he said.

The court heard similar testimony from Rev. Al Tysick of the Open Door Inner City Ministry during the trial, but Johnston's lawyer William Geimer says it is unlikely to have much affect on the judge's decision, since the case is about deciding whether or not Johnston breached his court order by sleeping at St. Ann's.

Still, Geimer says, the defense was one of necessity because Johnston



SHANNON GRIFFIN PHOTO

David Arthur Johnston says the Crown is a tyrant for waking up homeless people trying to sleep on public access property.

really does have nowhere else to sleep but outside.

"It's a multifaceted problem, because each side has legitimate concerns," he said. "There is no one solution, but the first step is to stop ignoring the matter. This [constant charging of Johnston] is criminalizing this place and not that place, and having no policy at all is not a good starting point."

Geimer went on to say that the police have a lot of discretion as to whether or not to charge people sleeping in public places, and that there needs to be "give and take" on both sides of the conflict.

"The arrest policy is very, very haphazard," he said. "[Johnston] was arrested on 21 occasions without any formal charges, and on five occasions he was taken outside the

city limits and just dropped off."

Geimer says there is very little doubt Johnston will be convicted based on the fact that he was in breach of a court order, but given the homeless situation in Victoria, they are hoping for a very lenient sentence.

Johnston does not eat when he is in prison, and on his last stay he went 20 days without food and lost 23 pounds.

Although Johnston has garnered support from Victoria activists, his lawyer says it is unlikely he will actually be able to challenge B.C.'s property laws.

"In fairness to the judge [in Friday's trial], a criminal trial is really not the vehicle to raise this issue best, but poor people don't have the funds to go into court and bring in

a civil case," said Geimer.

Whether or not it is the government's responsibility to provide adequate housing, and thus the capacity to sleep undisturbed, to the homeless population would depend on a judge's interpretation of the Charter of Rights and Freedoms, said Benjamin Berger, an assistant professor in UVic's Faculty of Law.

Berger says a judge could potentially decide to include shelter as within the parameters of the "right to life, liberty and security."

"Generally speaking, it is my view that if the Charter of Rights and Freedoms is to deliver on its premise to protect the most vulnerable and marginalized in society, then it must also better protect social and economic rights," Berger said. "Among these is the right to housing or shelter."

In the meantime, Geimer is doing some pro-bono work in support of his client's cause. He is currently trying to convince the Ministry of Advanced Education that occupies St. Ann's to allow a set number of homeless people to sleep on the property, provided they clean up after themselves.

He says that although he and Johnston don't see the world in the same way, he has "a great deal of respect and affection for him."

Johnston, who his lawyer described as "just as calm as he always is" after his court date, says patience is what will sustain him as long as he fights for the right to sleep.

For more information on Johnston's campaign, visit www.therighttosleep.com.

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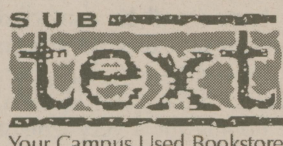


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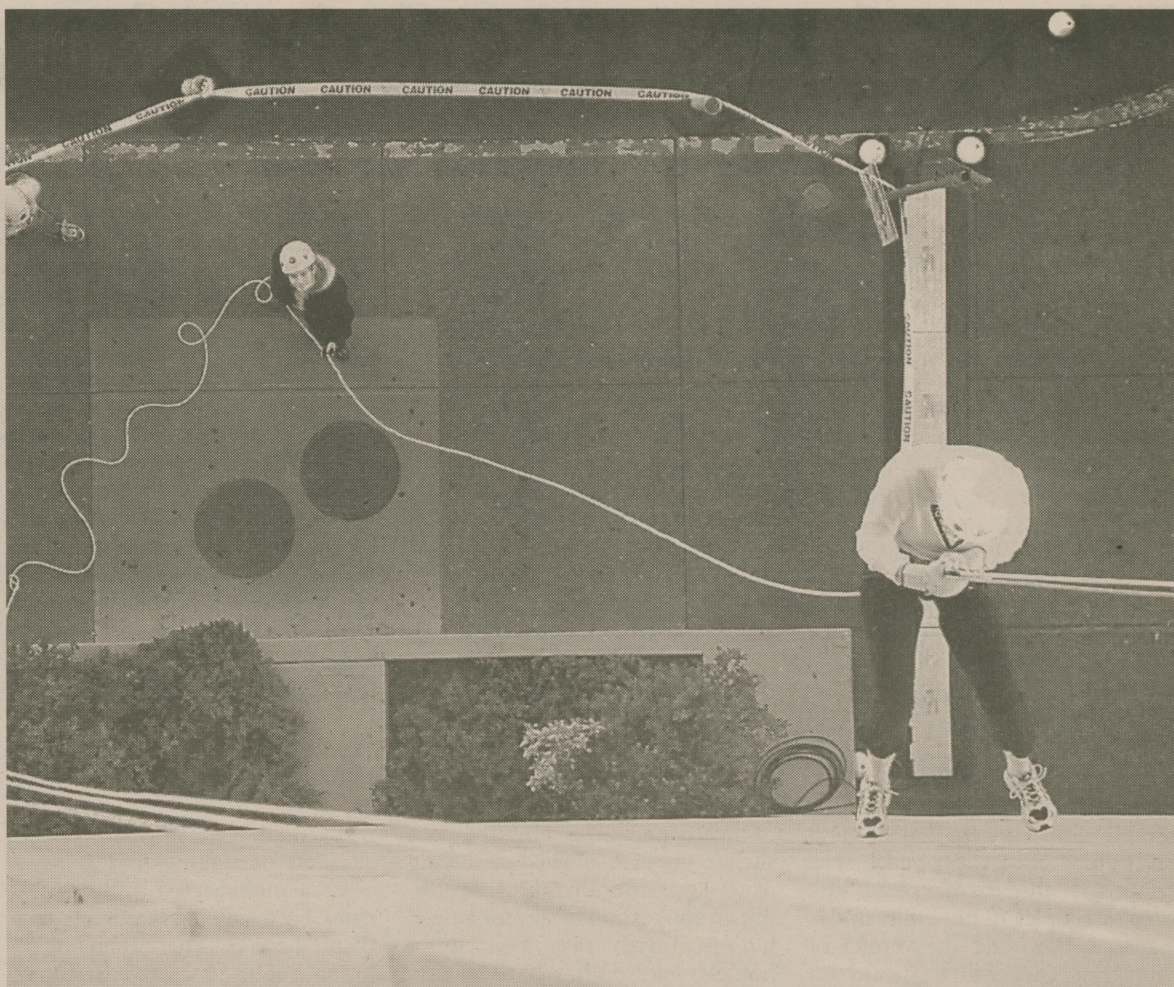


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MATTHEW GAUK PHOTO

Victoria's first ever Drop Zone event Sept. 22 helped raise nearly \$50,000 to send local children with disabilities to the BC Lions Society's Camp Shawnigan.

Victorians plunge for funds

by Matthew Gauk

The 13-storey drop wasn't what worried them.

For a group of costumed Victorians straddling the edge of the CIBC building on Sept. 22, it was the sudden stop on a View Street sidewalk that was the cause for concern.

The Easter Seals' Drop Zone visited Victoria for the first time last week and was, by all accounts, a big success in the city.

Participants, many with only one training session under their belt, rappelled from one of the tallest buildings in town and raised almost \$50,000 to send local children with disabilities to the BC Lions Society's Camp Shawnigan.

For 23 year-old Steven Briggs, being part of the Drop Zone was a no-brainer.

"It was exciting from the moment I got there to the moment I came down," he said. "And it's a chance to help some kids in need."

A tuxedoed Briggs rappelled down the side of the downtown building in less than a minute, bouncing out above the street, skip-

ping two or three floors at each go, and finishing with a twirl to the theme song from James Bond. He has rappelled before, but has never done more than five stories.

"When you look down from the top it's a bit tough, but as you go you're looking at the building. I've always had a slight fear of heights, so things like this help me overcome it."

Some 60 people strapped on harnesses over the course of the day and slid down the 51-metre-tall building.

The mayor of Sooke rappelled at the same time as Robert Foster, one of the children who goes to Camp Shawnigan. Foster rappelled in his wheelchair and was cheered on from below.

"It was fantastic," said BC Lions Society events manager Lisa Baergen after the event. "We did way better than we anticipated, so we're thrilled."

The first Drop Zone took place in Halifax, where the owner of a tall building kept getting requests by tenants to rappel from it. Eventually he caved and told them that if

they found insurance, he'd give the go-ahead.

This summer, Easter Seals, with contracts with companies that supply rappelling gear and knowledge, hosted Drop Zones in eight Canadian cities.

Each event was managed regionally by local Easter Seals chapters, and the money raised will stay in each community.

Baergen was in charge of scoping out the tallest buildings in Victoria and looking into logistics; whether there was roof access, and whether there were obstructions on the side of the building. She approached Standard Life, the property managers of the CIBC building, and found that they were thrilled with the idea.

In all, the Victoria Drop Zone event took three months to plan. Baergen sees it becoming an annual event, and hopes to see it held in more cities.

"I had a lot of people come by and say, 'Oh my goodness, I can't believe I missed this.' I've already had 50 people sign up for next year."

The memory of rappelling down one of the tallest buildings in the city won't leave Briggs for a long while yet. He's looking forward to doing it again next year.

"I know that the money is going to a good place," he said. "I've met some of the kids and I was impressed at how calm and cool they were [about rappelling]. I know how much fun Camp Shawnigan is for them."

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War resisters gather to blast Bush's war

U.S. soldier says he realized the reasons behind the war were bogus as soon as he got to Iraq

by Ed Pullman

About 100 protesters gathered in Centennial Square Sept. 24 to show their contempt for the war and continued occupation of Iraq.

The event, presented by the War Resisters Support Campaign with support from groups like International Socialists, was held simultaneously with other anti-war protests happening around the world.

"The march was intended to show the continued opposition to the U.S. occupation of Iraq," said Valerie Lannon, an organizer from the International Socialists. "It was also to show of support for war resisters who have fled the U.S. army seeking refuge in Canada."

Joshua Key, a U.S. soldier, arrived in Iraq at the outbreak of the war in April 2003 and went absent without leave in November of that year.

"When I first went into Iraq, I thought I was fighting to protect my country, my family, and to stop

the spread of weapons of mass destruction.

"I was full of all the shit they were saying," he said.

Key, who was in attendance with his wife and their four children, served eight months in Iraq before being sent home for two weeks' leave. While home, he decided to go into hiding with his family instead of returning to Iraq. They spent 14 months in Philadelphia before finally making it into Toronto.

He spent the past summer traveling the country, giving anti-war speeches and voicing his dissent. When asked when his opinion of the war changed, Key responded, "The day I arrived, to the day I left."

"Everything I did, the atrocities, the raids, the unjustified killings... I saw I was fighting an illegal war for the gains of my president, not my country, not my people," he said.

Key and his family have applied for refugee status in Canada and are currently waiting for a decision

from the refugee board. Two previous war resisters have had their claims rejected by the refugee board since the start of the war; however, unlike Key, neither of them had served any time in Iraq.

Key's appearance before the refugee board was scheduled for Sept. 2, but the government has stepped in and delayed it indefinitely while Canada sorts out its policy for dealing with war resisters.

The War Resisters Support Campaign was established to help U.S. soldiers and service men and women seeking asylum in Canada.

It is a broad coalition of individuals and organizations and is endorsed by organizations including the Victoria Labour Council, CUPE BC and the UVic Students' Society (UVSS).

"If we can get a network across the country of people... to support these people in a very personal anti-war act, that will bring us that much closer to peace," said Penny Beames, UVSS chair.



ED PULLMAN PHOTO

Brandi Key, right, an anti-war activist and the wife of war resister Joshua Key, carries the War Resisters Support Campaign banner.

Student Transition Centre can point you in the right direction

by Emily Agopsowicz

Everyone welcome—that's the message being sent by the Student Transition Centre, a new resource on campus to help students find their way through university life.

In a nutshell, it is "a place to come and ask questions," said UVic graduate Melanie Tremblay, who works at the centre.

Since it is not always clear where to go for information, especially for new students, the Student Transition Centre provides a first step to finding answers.

"We can directly answer questions, or point [students] in the direction of where to go and how to get there," said Tremblay.

The Student Transition Centre, located in room B010 in the Student Union Building (SUB), evolved from the Student Orientation Centre last summer.

"It wasn't open all year long," said Tremblay of the Student Orientation Centre, "and only transfer, first year and new graduate [students] were benefiting. Now it's pretty much anyone at anytime."

The centre works with over 50 groups on campus in co-operation with the Orientation and Grad Connections programs. It also supports the annual Students in Transition secondary school counselors' conference.

"We wanted to make better use of the resources we have on campus," said Student Affairs Co-ordinator Sue Corner. "We work with student groups, UVic services and a number of academic areas to offer a full range of programs."

The centre has been busy this past

month working with campus groups to organize a number of events, including the successful parent and family orientation days, as well as planning for the upcoming Grad Year Connections Coffeehouse on Oct. 12.

Corner says the centre has already received lots of positive feedback from students, and anticipates even more from students who take advantage of the free workshops offered there on weekday afternoons. Workshop topics range from an introduction to APA style to choosing a major.

"There's even a knitting workshop. It's not all academically based," said Corner.

The one-hour workshops, held from 3:30 to 4:30, Monday to Friday, are limited to 16 spaces each, so students are encouraged to sign up early. Corner explains that the groups are kept small to create a friendly, welcoming atmosphere.

For information on workshops and events, students can go to <http://www.uvic.ca/transition>, or drop by the office between 10 a.m. and 3 p.m. to pick up a calendar of events.



GRAHAM STARK PHOTO

Susan Corner and George Robinson stand outside the Student Transition Centre, a drop-in question centre for students in any phase of their university career.

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A vision for the Island's old-growth forests

Western Canada Wilderness Committee believes education is key to protecting trees

by Melanie Greene

Images of Vancouver Island's most impressive old-growth trees—some with trunks more than five meters in diameter—lit up a projector screen at UVic last week.

UVic students heard concerns over the long-term survival of B.C.'s old-growth forests on Sept. 21 at a slide show presented by the Western Canada Wilderness Committee (WCWC).

Many of the photographs featured in the slideshow were taken in the Walbran and Great Bear rainforests, both of which are currently at risk of being cut down and developed by logging companies.

"Much of the island's old-growth forests could be wiped out within 10 years if nothing is done to protect them," said Ken Wu, campaign director for WCWC Victoria.

For that reason, the WCWC has initiated the Vancouver Island Conservation Vision, a proposal that aims to protect 41 per cent of the island's forests.

But this plan could be a far reach.

According to Wu, several B.C. conservation biologists have recommended the same percentage of forests be protected province-wide, not just on the island.

Max Cleavelly, spokesperson for the provincial Ministry of Environment, believes this may be a lot to ask. "Vancouver Island already underwent an extensive land use plan in the 1990s that involved input from many environmentalists, First Nations, and loggers," he said.

The WCWC believes more needs to be done. Wu believes the island's forests are not just an activist issue, and that if more people were educated about what is happening in forestry, more forests would be pro-



CASSBREEA DEWIS PHOTO

A member of the Western Canada Wilderness Committee looks up at a Giant Sitka Spruce, a species which the organization is fighting to completely protect from loggers.

tected.

According to the WCWC, one quarter of the island's old-growth forests remain intact. This means that three-quarters have been clear-cut or developed. Last year, the

WCWC was instrumental in protecting 13 per cent of the remaining quarter from development. Only six per cent of this, however, is productive forest, where biodiversity is highest and where the largest trees grow.

Although some clear-cut areas are replanted, this new growth doesn't function like the old growth, and many of the species that thrive in the old-growth cannot survive in the new growth.

Old-growth forests, Wu explained, form multi-layer canopies that create a habitat for a diverse group of creatures. Bears also rely on hollowed-out old-growth trees to make their dens.

When old-growth forests are cut down, bears and other animals are left searching for somewhere to go.

Wu suggested deer, which feed off of particular plants in old-growth

forests, are forced to change their diets and move closer to cities when their native habitats are cut down. There are also some animals, such as cougars, which eat these deer to survive, and so must also move.

Cleavelly defended his ministry's position of allowing current levels of deforestation by saying there "needs to be respect for what's already been done" by the ministry.

He cited the designation of 51 provincial wildlife habitats, where industrial activity is allowed under a strict set of rules, as well as 37 new parks and 34 expanded parks, 14 of which are on the island, as clear examples of the ministry's dedication to protecting B.C.'s forests.

Some environmentalist groups, including the WCWC, argue that this is not enough and that since the last land use plan was initiated 15 years ago it is time for another.

NEWS BRIEFS

Bush is a criminal, says lawyer
Vancouver lawyer Gail Davidson will face a Supreme Court judge Sept. 29 to argue that a case she is bringing against U.S. president George W. Bush charging him as a war criminal should be heard in an open courtroom.

Davidson walked into B.C. provincial court on Nov. 30, 2004 and convinced a justice of the peace to accept seven Criminal Code charges against Bush while he was visiting Canada.

She brought evidence to support her claim that Bush should be held criminally responsible for counselling, aiding and abetting torture at Abu Ghraib prison in Iraq and at a U.S. military jail at Guantanamo Bay, Cuba. Among those Bush is allegedly responsible for torturing is Canadian minor Omar Khadr, who has been held at Guantanamo Bay for the past four years without any formal charges laid against him.

Although provincial court judge William Kitchen declared Davidson's charges legally invalid in the 2004 case, citing Bush's "diplomatic immunity," Davidson is now attempting to have the case reviewed by the Supreme Court.

The proceedings will determine whether a gag order preventing Davidson from speaking about the case will be removed, as well as whether the Supreme Court review will be made public.

-Kate Webb

Labour Minister to CBC, Media Guild: Settle already!

Labour Minister Joe Fontana scolded CBC head Robert Rabinovitch and National Guild of Canadian Media (NGCM) director Arnold Amber, the Monday, saying they are taking too long to negotiate an agreement in the CBC's ongoing labour dispute.

He called their inability to come to a resolution "unacceptable."

The CBC is seeking to increase its ability to hire employees on contract rather than as permanent staff, while the NGCM is demanding better job security for both CBC contract employees and freelance journalists.

The CBC lockout has been affecting 5,500 of the broadcaster's employees since Aug. 15.

For updates on the dispute, visit the CBC's negotiation website at www.cbcnegotiations.ca, or the NGCM's at www.cmg.ca.

-Kate Webb



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The Bolivarian Revolution and Mr. Danger

Venezuelans speak out about social change in South America

by Tim Boulton

Like other supporters of Venezuelan President Hugo Chavez, Jacobo Torres de Leon and Marlyn Zerpa call U.S. president George Bush "Mr. Danger."

Torres de Leon is one of the founders of the Venezuelan National Worker's Union (UNT) and is a member of the International Council of the World Social Forum. Zerpa is the president of the student federation at the Simon Rodriguez National Experimental University in Venezuela's capital city, Caracas.

The two Venezuelans spoke at UVic about the social revolution—known as the Bolivarian revolution—that is changing their country. The revolution takes its name from Chavez's hero, Simon Bolivar, a Venezuelan who liberated much of South America from Spanish rule in the 19th century.

The Bolivarian revolution is a "democratic and peaceful revolution," said Torres de Leon through a translator. It is a revolution in which many people are constructing a new society.

Before Chavez was elected in 1998, 86 per cent of Venezuelans lived in poverty, said Torres de Leon. Now "11 million Venezuelans are receiving health care for the first time" and the gap between the poor and the rest of society is closing. Social security is free for all Venezuelans, he added, and new social and labour standards are guaranteed under the 1999 Bolivarian Consti-

tution. The constitution also guarantees that Venezuela's minerals, health care and education cannot be privatized.

Zerpa said that under Chavez, literacy campaigns have been created because "people cannot exercise their rights if they are uneducated." Furthermore, she added, when people can read and write, they can play a stronger role in the economy.

She also said that Venezuela is establishing bilateral relations with other countries in South America. She said that Brazil, for example, is importing Venezuelan oil in exchange for helping with housing projects in Venezuela, while Argentina is set to use its shipyards to build tankers in exchange for Venezuela's crude.

"Each country [in South America] has its own problems and all these efforts of integration are to win political stability and economic development," said Zerpa.

But de Leon and Zerpa also voiced concerns that some countries are afraid to sign trade pacts with Venezuela because they fear repercussions from the U.S. government.

The Americans, Zerpa said, "use the card of external debt to pressure poor countries in Latin America." People have to be warned, she added, about capitalist economic notions such as healthcare privatization and the Free Trade Area of the Americas (FTAA).

"We cannot let our distinct, different ways of thinking be erased by



TIM BOULTBEE PHOTO

Jacobo Torres de Leon, right, speaks about the revolution that developed over the past decade in Venezuela. Accompanying him are Marlyn Zerpa (centre) and his translator, Rodrigo Garcia (left).

thoughts imposed on us by the U.S.," she said.

Torres de Leon went even further. Since 1998, "the U.S. has been both public and clandestine" in its opposition to Chavez and the Bolivarian revolution through organizations such as the National Endowment for Democracy, he said.

"Venezuela could be the next Iraq," he added, noting that Venezuela's vast oil reserves could cause problems for the country in

the future because everyone wants access to oil.

Venezuela is the world's fifth largest producer of oil and the fourth largest exporter of oil to the U.S. Torres de Leon said the U.S. could try to destabilize Venezuela by assassinating Chavez, or invading the country.

The two speakers also discussed Venezuela's relationship with Cuba, particularly in areas such as health care. Torres de Leon pointed out

that over 100,000 Venezuelans have received eye surgery in Cuba to remove cataracts and to have other visual problems corrected.

Zerpa said her country has learned a lot from Cuba and that the friendship between Castro and Chavez has helped to give her people strength to do more. Still, she said, the two countries are different.

"We are making a different revolution," she said, "but it is a revolution."

Women march to Take Back the Night

by Lisa Clement

Women will march into the darkness on Sept. 30 in support of a world in which women can live without fear of violence.

Victoria will be one of many international cities hosting the annual Take Back the Night event, to create awareness about violence against women. The organizers of this year's march are also celebrating the advancements that have been made in ending violence against women.

"This year we want to emphasize that it is a celebratory event," said Tracy Lubrick, a past organizer of the event and one of two co-ordinators of the Victoria Women's Sexual Assault Centre. "It's an all-inclusive event where, together, people of all ages can come to support and celebrate women's voices."

The event began in the '70s with a group of English women who were angry about not being able to feel

safe walking alone at night. It is a night for women to reclaim the streets and walk in solidarity, without men by their side.

"We have a long way to go, but we have come so far," Lubrick said.

The event is sponsored by several organizations, including the Anti-Violence Project (AVP), a centre for survivors of assault.

"We want the event to be a celebration," said AVP co-ordinator Lola Freeman, who participated in the planning of this year's event. "It's not just about the violence in the past. We want to celebrate things like the advancements in gay marriage and the change in rape laws since the 1980s."

The event will begin at Centennial Square at 6:30 p.m. Participants can contribute a patch of fabric containing a quote, comment or drawing to a quilt that will be stitched together before the walk and brought along the route as a banner.

The quilt is a new idea brought forth by this year's organizers, who wanted each participant to be able to add a personal touch to the celebration. The quilt will be constantly added to and brought along to future events.

Though the organizers request that only women take part in the walk, they want to encourage men to take an active role. Men who choose to support the cause may partake in a discussion group while the women march. They are also welcome to an open mic session at the Solstice Café.

"We want the walk to be fun and noisy so we can draw attention to our cause," said Freeman. The women will walk with candles, flashlights, banners and drums through the downtown area. The route is also wheelchair accessible.

"We have a passion for positive change," Freeman said. "The walk is just one more way of raising awareness."

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Canada

Editorial

Will the CBC survive the lockout?

The longer we go without the CBC, the less it seems like we need it.

In a recent poll only 10 per cent of people said the labour dispute at the public broadcaster is "a major inconvenience" while 27 per cent called it "a minor inconvenience." Sixty-one per cent reported no impact at all.

Just over 1,000 Canadians were surveyed by phone from Aug. 18 to 21—just after the lockout began Aug. 15.

Some have speculated that the timing of the lockout—during the drowsy height of summer, when nothing is happening and no one's paying attention anyway—has affected the public's reaction.

Throw in the fact that media coverage of the issue has been scarce—why make a big deal out of it when you're picking up extra viewers and listeners—and you've got a recipe for the demise of the CBC.

There's more than that at risk. In the world of business, viewers and listeners add up to dollars and cents.

Over the course of the last six weeks, the CBC hasn't had to spend money on producing new content or pay its 5,500 locked out employees. Since the broadcaster got \$982 million of our taxpayer dollars from the government this year, that's \$2.7 million every day that isn't being spent as budgeted. An unexpected boon for CBC, but hardly a deal for us Canadians.

It doesn't stop there. The broadcaster also gets revenue from advertising. Those ads are paid for in advance with the expectation that the eight or nine per cent of Canadians who make up the CBC's television audience will see them. To make good on their deal, CBC will have to air the ads after the strike, meaning that those shows won't be generating any new income.

Throw the \$20 to 30 million that was lost thanks to the NHL lockout, and things are looking none too rosy in the money department.

But by all accounts, the lockout should end soon. Federal labour minister Joe Fontana has at last stepped in, telling the CBC and the Canadian Media Guild that the situation is "unacceptable," an evaluation that many agree with.

"It seems incomprehensible that [the lockout] has been going on for this long," said David Tucker, chair of the school of radio and television arts at Ryerson University. "It's doing serious damage to the corporation and to Canadian culture."

It can take months, sometimes years, to win back an audience—if you win them back at all. Even worse, the lockout opens up debate over whether we need the CBC at all. "The average person sees the CBC as costing money out of their pocket," said Tucker. "It is not an essential service in anyone's life."

Not essential, but good to have around. For people in rural communities, the CBC is often one of the few links to the rest of the world. Culturally speaking, the CBC may or may not save us from drowning in a sea of American culture, but it's nice to know there is a plank to grab at.

With any luck, it will still be floating around at the end of all this.

EDITORIAL CARTOON | EVERYBODY'S ON STRIKE



ANTHONY FRATTAROLI GRAPHIC

LETTERS

STV vote best thing Campbell's done

This is in response to David Karp's article, "Oops — he's doing it again" (Sept. 22). I am no BC Liberal supporter myself, but Karp's anti-Gordo bias has blinded him to the facts surrounding the Single Transferable Vote (STV).

The STV is not Gordon Campbell's baby, as Karp says in his article. The STV is the best electoral system chosen from a wide variety of systems reviewed by the Citizen's Assembly on Electoral Reform.

Our current electoral system allows for a party to gain a number of seats in parliament that is disproportionate to the number of people who voted for them. In fact, our current system can be directly to blame for the overwhelming major-

ity of the last BC Liberal government. Approximately 40 per cent of the population voted for the NDP in that election, yet the NDP received only two seats in parliament.

The STV allows for proper representation in parliament and its failure to pass in the last election can be attributed a lack of knowledge of the system among B.C.'s population.

The success of the STV in the 2008 election will not be "a failure of democracy," but one of the few good things Gordo will have done for this province.

-Colin Beyer

Look both ways before you cross

Please be aware that over the last few days, a number of our bus oper-

ators have had "close calls" with pedestrians stepping out in front of moving buses and placing themselves in danger. These pedestrians often don't look in either direction before they step into vehicle traffic lanes.

We understand that many students have a lot on their minds and may not be aware of the immediate danger that their own actions may place themselves in; however, we are requesting that they be reminded to be aware as they cross the streets on the UVic campus.

Your attention to this matter is appreciated.

Sincerely Yours,

-David Guthrie
Security Advisor, BC Transit

Decline of the human genome

by Morgan vanHumbeck

Human beings are de-evolving. Now that we do not have to adapt to our environment, we are no longer becoming stronger; in fact, quite the opposite.

I'll begin with an example: imagine a woman who gets fake breasts. Now, imagine that she has a daughter. Because she passed on traits (small breasts) that are less adapted to the environment and, potentially, her obsessive need to have large breasts to feel better about herself, her daughter will also find it necessary to get plastic surgery.

Anybody who has gotten implants has overridden sexual selection to a degree. They now have physical characteristics that they do not have the genetics for. As such they will, in theory, have an advantage over their non-augmented peers. Because of this advantage they will be slightly more likely to have children than their counterparts. Clearly it wouldn't be a dra-

matic shift, perhaps only a 10 per cent difference, if that.

Suppose that this goes on for seven generations. At this point, after the genes of women who need implants just to be "normal" are twice as frequent as they would otherwise be (194.87171 per cent). Assuming that a generation is 24 years, this would only take 168 years. From an evolutionary perspective, that is the blink of an eye. Furthermore, the issue is one that would increase exponentially and thus may be much worse than I am making it out to be.

Clearly, this only applies to whatever percentage of the population is actually getting implants. This is problematic, though, because the percentage is increasing at a disturbing rate. It may increase exponentially if this trend continues at its current rate. Portions of this issue do, however, cap once every woman who wants implants and has the means has gotten them.

This leads to the much more disturbing and universal trend that I

outlined before. Our genetic strength is diminished any time genetic weakness is corrected through extraneous means.

If we invent remedies for illnesses, our progeny will become more susceptible to them. If we use steroids, our progeny will become reliant on them just to be a normal size. Any time we compensate with science, our natural strength is diminished.

It is not a fast process, nor even a process that will become evident in our lifetimes. It is one that only becomes problematic several generations after our deaths, at which point it is much too late to be helped.

Through this process we are actually de-evolving. In human beings, "natural" selection no longer effects people who have the money to change who they are. If, at any point, their children don't have the money to compensate, or the amount that they need to compensate for is too great, they will be selected out.

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There is such a thing as a stupid question

by Ford Walker

Just because you attend university to learn does not mean professors have to waste their time baby-sitting you.

Being a philosophy student, I am well acquainted with frequent absurd discussions in the classroom. Many students from other faculties take philosophy thinking it will be an easy course, but end up being unable to look at subjects objectively.

That's fine, I understand that you don't get it and need some help, but I am really sick and tired of entire lectures being wasted on one individual who can't wrap their head around a concept.

It isn't that I am unsympathetic to those who don't understand. Hell, I don't get half the stuff my professors say, but there is a big difference

between a salient, informed question and an annoying, trivial one. If you are making professors repeat something they have already gone over, you should be paying better attention in class.

This is not to say that you shouldn't seek help if you are lost: quite the opposite, because there are many avenues to solving your dilemma. First off, if you are lost there are always other students who might have gotten it.

If I am having problems understanding a concept, I usually field the question to my neighbor about its appropriateness before I raise my hand.

There are also office hours and the option of e-mailing your professor. Heck, you might even impress the lecturer so much with your question that they begin the next class by answering it.

Still, deal with it outside of class and stop wasting your classmates' time.

Time wasting isn't limited to asking stupid questions. Many students in my faculty find it necessary to play the devil's advocate whenever they get the chance. Now, a hearty discussion livens up any dreary class and sometimes it is useful in digesting the subject matter, but more often than not it brings the lecture to a grinding halt.

If you have a logically sound argument to bring up against the subject matter, then discuss it. If you do not want to accept what is being discussed based on your own convictions, however, go to the pub afterwards and discuss it over coffee or beer. It's your problem, not mine, so shut the fuck up.

Now, I know some of you reading this might wonder where I get off

telling you to shut your pie hole. After all, you paid a serious chunk of change to be in the class. So did everyone else, and some people, myself included, pay even more because of international fees. When you walk out of an hour and a half class that costs \$60 per session and you are no more educated than beforehand, you have a right to be pissed-off.

A lot of class disturbers probably don't realize what they are doing, and that's understandable. I used to ask completely inane questions too. It's part of growing up and getting used to the whole education system.

I write this article today to let you stupid-question-asking-offenders know that it really does make coming to class unbearable—next time you have a question in class, think before you raise your hand.

Technology invades the classroom

by Melanie Greene

Technology is quickly becoming the bane of the modern classroom.

I'm sitting in a fairly intense class just trying to hold on to what Professor Confuse Me is saying. It's a nice day, I just chugged back coffee number four, and needless to say it's a little tough to stay focused. Just to complicate matters, Girl On Cell Phone stops right outside the classroom window. "So, he was totally all like..." You know the rest of that story.

Girl On Cell Phone isn't just passing by either, she's getting comfortable outside. Fair enough, campus is a free space where any legal activity may go on. But does that mean it should go on?

It's not like people on cell phones don't know that classes are happening on the other side of those open windows, unless they're the ones

too distracted by text messaging through a tough lecture to notice there is someone speaking and many listening.

Does it bother anyone else that a good number of people walk around with cell phones glued to their ear? Does anyone else wonder what's happening when people can't go for more than an hour without a chat? Has anyone else noticed that cell phones have stolen the reality from one's own social life?

It's not just annoyingly loud and misplaced chatting right outside the classroom either. There's also the messenger addict sitting right in front of me: "I *heart* Shoes" has signed in.

"What up Hon? Boring class? Me too." Well, fuck if I care, but it is just so engrossing that I get so wrapped up in this chick's drunken weekend, and the daily horoscope page for a

backdrop, that I don't even know what class I'm in.

I know I shouldn't be reading the conversation, and especially not my daily horoscope, but I can't help it. When it's right in front of me I lose control of what's going on in there.

Don't get me wrong. Laptops are very useful when used to take notes or look at online content and the meaning of the big words Professor Confuse Me repeatedly uses. I'm envious of how much faster than me you guys can get your notes down. But, I beg of you, please keep all the distracting socializing and garbage reading for your own time.

It's for your own good too. How much did you pay to sit in that class and chat with friends (or every person you've ever met with an MSN account, which is damn near everybody)? You can do that one your own time, when it is not such a distraction to everyone else.

Same deal with text messaging in class. Give me a break! Can you not wait half an hour to make plans for the night? With a smirk like that on your face, I know it's not an emergency. So, why do some have a total disregard for what's going on around them?

Technology, such as cell phones and laptops, keep us connected to the fast lane all the time. Why take time to smell the roses, or think or read, when you can chat about nothing all the time?

There was a time before cars when society was a very different place. Wireless technology is going to have just as great, if not greater, impact.

I suggest we all unplug for a minute and think about the pros and the cons of these changes. I for one see many cons, such as lack of real human contact and deep thought, heading our way.

When the barriers break

by Tracey Lindeman-Jarvis

The Link

MONTREAL (CUP) -- He said what everyone was thinking, but didn't have the nerve to actually say, and now recording artist Kanye West is feeling the heat for speaking up.

"George Bush doesn't care about black people," West said on a NBC Hurricane Katrina special, choking back emotion and tears. His comments were later edited out of the tape, but it was too late.

"I hate the way they portray [black people] in the media. You see a black family, it says 'They're looting.' You see a white family, it says 'They're looking for food.' And you know, it's been five days [they've been waiting for federal help], because most of the people are black," West continued, before he was cut off by corporate bigwigs at NBC.

His statements are now being dissected by the media on all sides of the political spectrum. Turns out the U.S. is not the bastion of democracy and free speech it enjoys trumpeting itself as. You would think the media would have better things to discuss, like how the world can help victims of Hurricane Katrina.

Nevertheless, West spoke the truth. The U.S. is still a racially di-

vided country, no matter how many people immigrate each year, no matter how much of the population is not white.

The largest national disaster in the history of the United States has completely destroyed one of the most historical cities in the world, and George W. Bush can hardly make his way from his Texas vacation ranch. After all, Bush has hardly lifted a finger to help the country's black population—why should he start now?

It's unrealistic to think racism doesn't still exist in the Western world. There is just as much racism as there was 50 years ago—it's just less visible than it was then.

Racism has been ingrained in our institutions, our mass media, our transit systems, our city blocks, and our workforce. It may be more subtle than half a century ago, but it has become even more institutionalized in the process.

Yet it seems many Americans have taken offense to charges of racism in the context of Hurricane Katrina. West's statement is controversial because it lifted the taboo on creating forums for frank discussion about the institutionalized racial discrimination present in the U.S.

Yesterday afternoon, I finally listened to what the mayor of New

Orleans Ray Nagin had to say on Air America Radio. I could feel his anger and sadness through the Internet as he described the situation in his city.

He said that the evacuation of the people who stayed behind is taking too long, that the crews being sent to New Orleans are hardly enough. He said help is being sent from surrounding states, but that the city needs help on a national scale.

"They're thinking small, and this is a major, major, major deal," Nagin said. "Don't tell me 40,000 people are coming here. They're not here. It's too doggone late."

He estimated that 20,000 people were residing in the city's convention centre, before being evacuated over the weekend, surviving on the bare minimum of food and supplies.

The sewage system is in shambles, people are becoming ill, and frustrated evacuees were becoming violent.

The damage done to New Orleans is much more than physical damage. The hurricane and the floods have ignited a complete societal breakdown. There is no law in the streets.

"They're showing all these reports of people looting and...they are doing that, but people are desperate and they're trying to find food and

water—the majority of them," Nagin continued. "You got some knuckleheads out there and they are taking advantage of this lawless situation...but that's a small majority of the people."

As the interview went on, Nagin became more and more frustrated. "We authorized \$8 billion to go to Iraq," he snapped. "You mean to tell me that a place where you probably have thousands of people that have died and thousands more who are dying every day, that we can't figure out a way to authorize the resources we need?"

The race card is an easy one to pick, and rightfully so. When there is such a clear divide in the class and race of people who have been successfully evacuated and those who remain behind, it's hard not to notice the difference between black and white, rich and poor.

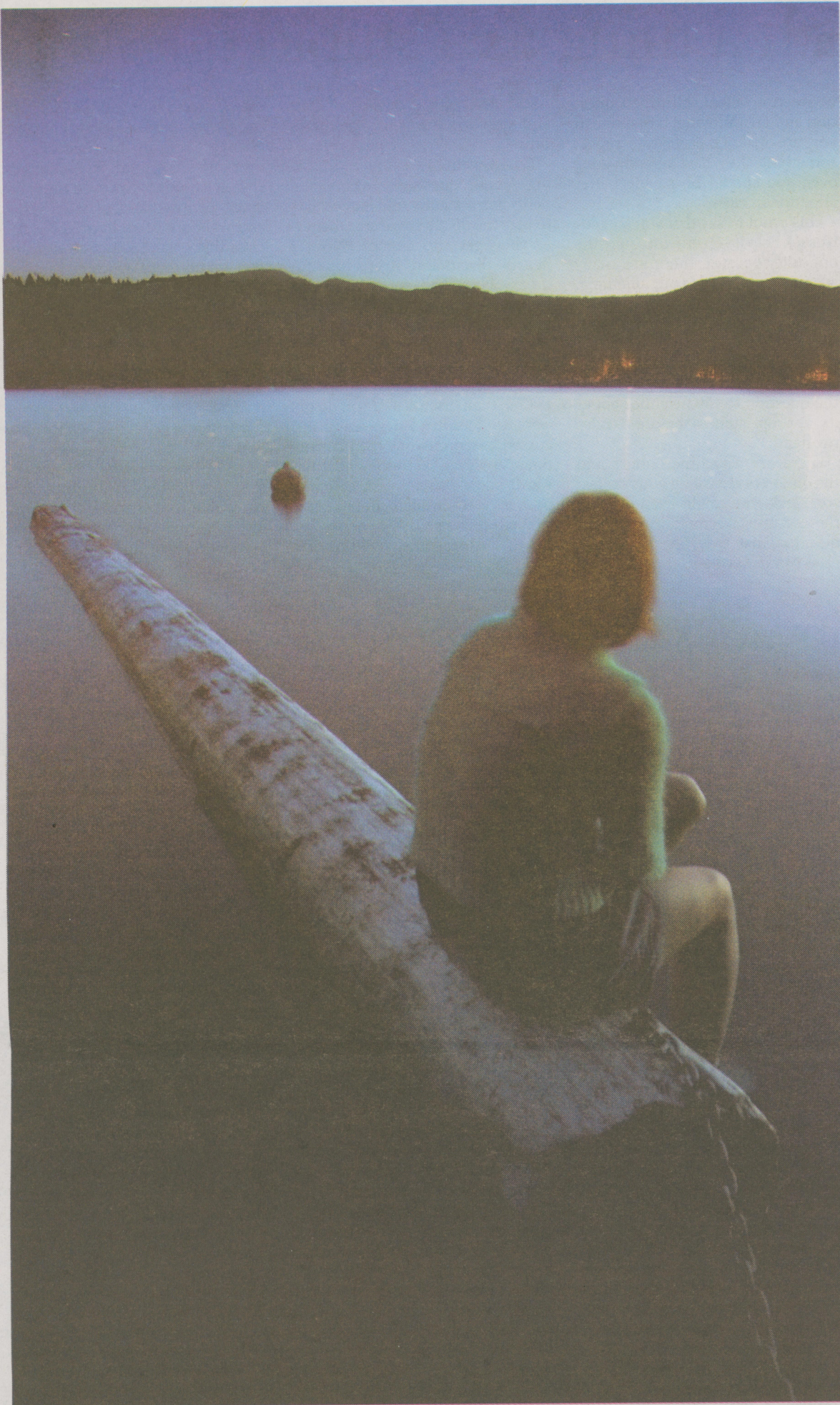
Toward the end of the broadcast, the hosts of the show and the mayor of New Orleans could hardly keep it together.

"People are dying," Nagin said, his voice breaking. The hosts began to sob into their microphones. "They don't have homes. They don't have jobs. The city of New Orleans will never be the same. And it's time..." Unable to continue, Nagin abruptly hung up the phone and the broadcast ended.

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Vancouver Island Geo

by Becky Michaluk
photos by Aaron McMillan

I was eight when I had my first vision.

It happened at a place called Rupert's Arm, 25 kilometres south of Port Hardy, the site of a log boom and a copper mine. My step dad and his dad, both loggers, had camped there since the 1960s. It was a good spot for crabbing. We'd eat crab around the fire and go for long walks on the logging roads or along trails and up small mountains. I liked to leave the camp alone, lost in ideas of hidden things, animal homes and survival.

I was crouched in a small bay not far from the camp. It was a clear cold day on Easter weekend. The surface of the bay was clogged with kelp and chunks of glossy driftwood and cedar bark. Underneath, crab grass waved in unison. Behind me was a grove of trees; the entrance to a dry, creaking forest.

The arm carried water in from the west coast—open ocean. The concept often rolled through me.

Is it true you can find things washed up from Japan? I would ask my aunts and uncles, until, years later, I found a crate with white brush script bobbing in Nootka Sound.

Still crouching, I saw two long, silent canoes across the channel—And I knew they carried ghosts of natives. I gathered a piece of buoyant bark and on it placed shells, rocks and bright, dried moss. It reminded me of a sea otter eating an urchin. I gently pushed the offering into the bay.

I never considered offerings until that spring. I am not First Nations. Nor was I raised religious. But I know there are spirits on this island.

"They are here with us," said Greg Sam of the Saanich Nation, sweeping his arm and looking deliberately at each of us that stood in a circle around him. He meant the ancestors.

Sam, his partner and three drummers ceremoniously opened Spirit Fest at the University of Victoria Interfaith Chapel on Sept. 21. About 20 people attended, representing the diverse spiritual communities that share the chapel: Wicca, Christian, Bahá'í, agnostic.

The turnout was low for the day's lineup of workshops and information booths, which included Kabalistic yoga taught by Hzechak Marmorstein, Buddhist meditation led by Eshu Martin and Non-Violent Communication led by Michèle Favarger, a Wiccan.

"We never care about numbers," Sam told us. Even if no one comes, the day's energy spreads across campus.

The Coast Salish drummers started with a paddle song, then a prayer song and finally an energy song. One painted drum depicted a bear turning into a man, or the opposite.

I could feel the prayer song trying to pull something out from inside me. Afterward, I told this to Sam.

Of course, we were not joking around, he said.

My life has been studied with very real reminders that Vancouver Island is a place of magic. Spirit Fest evoked those times and reminded me that many communities based their spirituality on this geography. I asked Sam how his nation viewed the island as special. "It's all the medicine in the salt water and mountains. All the stories are about that," he said.

Spirit Fest host Henri Lock, a chaplain for the United Church, moved to the island 13 years ago with his partner Leslie. He said the natural world is always his first avenue to God.

It's not a coincidence that Spirit Fest coincided with the time of equinox, said Lock. "There's a lot of energy around that."

The term equinox literally means "equal night," where the day and the night are each exactly 12 hours. This took place at 3:23 p.m. on Sept. 22. The days will now get shorter until the solstice on Dec. 2—the shortest day of the year. According to Wiccans, equinox is the time to give thanks through song and dance, in celebration of the abundance of harvest.

"There may be a hint of sadness within us now, an inner sense of fear and trepidation, as the world begins to tilt toward the time of darkness," writes WiccanWeb.ca. "And so this Sabbath is also a time of meditation and introspection; a time to slow down the pace of our lives and to relax and recognize our own personal harvests during the year that is fast declining."

Wicca, a practice that worships nature and a goddess, has a strong history at UVic and in Victoria. One founder of the Department of Creative Writing, Robin Skelton, was a white witch. A portrait of the deceased deptment chair currently hangs in the bowels of the McPherson Library in special collections. In it, the painter has attempted to capture a spirit, either Skelton's or something else.

Monday magazine writer John Threlfall, also a witch, currently teaches a UVic continuing education course titled "Out of the Broom Closet."

Threlfall told me Skelton's spirit has





made its presence known a couple of times at UVic in the last few years. At a medium-ship some years ago at UVic, he received a message from Skelton. What did he say?

"He nagged me to get on with writing my book," laughed Threlfall.

Victoria has the highest number of witches per capita in Canada. The numbers are somewhere between 1,000 and 5,000.

"We're surrounded by wild spaces and anywhere you find wild space you find witchcraft going on," said Alison Skelton, Robin's daughter. "My feeling is that it's due to the fact that we are surrounded by so much water, because water is a conduit for psychic energies."

"It was already sacred territory when we set up camp here due to the First Nations," she continued, "so it's already sort of charged with sacred intention."

Some say Victoria is a conduit for earth-based spirituality because of ley lines. These invisible lines of energy have been mapped by geomancers, who say the lines are a mysterious response by the earth to human energies. Ley lines are associated with human settlements that possess consciousnesses such as a deep caring, love, religion, art or music.

When geomancer Henry Dorst lived in Victoria, he mapped its ley lines using a method similar to dowsing, which involves using a sensitized stick or pendulum to detect water or other elements. "Power spots are at the convergence of ley lines," he said. "Often people are drawn and they don't know why." One such spot in Victoria is the flagpole at Beacon Hill Park, he said. "Just go around that flag pole with a power or a prayer or a dream. It is a reciprocal thing: you will receive something in return."

Universities tend to create strong ley lines, Dorst said, because the lines happen when human beings aspire for more in life than the mundane pursuit of money, sex and power, working, instead, towards furthering community, society and humanity. Although, he added, there can be an equally powerful adverse effect when people use language in a non-constructive or negative manner.

Perhaps it was the adverse effect of ley lines that drove one spiritual group to form a cult on Vancouver Island.

Apparently, "Brother XII," a man of British origin, came back from a trance to draw, in detail, a map of Vancouver Island and its surrounding islands. He made his way to Cedar-by-the-Sea, a stretch of shore near the

small east coast town of Cedar just south of Nanaimo.

There, he erected the Aquarian Foundation in 1927, which according to authors Ron MacIsaac, Don Clark and Charles Lillard, had 125 members at its height. Eventually the group moved to De Courcy Island, between Cedar-by-the-Sea and Valdes Island. The cult, as some refer to it, is still surrounded by mystery, particularly because people were afraid to speak out against Brother XII when he was accused of brainwashing and murder. He disappeared before any answers could be extracted.

MacIsaac, Clark and Lillard also noted that Vancouver Island had a history of attracting "off-beat" religions such as British Israelites, Kabbalarians, Rosicrucians and the Four Square Gospellers.

Some of the most powerful geomancy is found on the west coast of the island. Millions travel the Pacific Rim highway every summer—tourists in motor homes video-taping the wildlife, 20-year-old partiers, earth worshippers—all on their way to the Mecca: Tofino.

Perhaps it's the overwhelming nature, the spiritual history of the First Nations or the expansive sand beaches, lack of noise and, until recently, the lack of franchises. Whatever it is, people sense it and many act like they want to grab onto it and take it home. They come with a rushed hope for a spiritual experience. The population of full-time residents doubles in the summer but most never stay longer than a season. After a while, the trees want to pull you down, bury you and feed the earth.

I was trapped in Ucluelet once. It was like being in a fairyland: warm grey confusion among vigorous salal. I began to lose all perspective. All I could see were motes in the air around me and up into the sky. The trees were too towering, my thighs too heavy.

I tried to grow a garden but the effort felt too great, the pea plants dwindled and turned yellow and the banana slugs eventually stopped coming. I lay on my stomach on the earth and it felt so good that years passed while the outside, material world pursued its dreams.

I had a few visions in that land of Maa-nulth ancestors. I have seen a demon crouching under a table. I have seen spirits manifest in roots: a pointing gargoyle of black slimy wood, with a moss Mohawk.

It was all I could do to drag myself back to Victoria, back to university.



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Building an invincible immune system

University life provides many opportunities to get sick

by Kim Armstrong

It started as a tickle, just at the back of the mouth, where nose meets throat. No big deal. Even when it spread upward into the nose itself, so that the entire front of my face tingled like I'd just eaten really hot mustard, I was able to shrug it off.

Then came the drip, that dreaded droplet that gathers just at the tip of the nose and hangs there, like a tear but much less pleasant, waiting to splat at some horribly embarrassing moment. Of course, no amount of blowing will get rid of the damn thing . . .

Suspicion loomed, but still there was hope. Maybe it would go away. Maybe it was just a momentary reaction to some flower, or perfume, or the fish I ate last night. But no. It stayed, my throat hurt, and I must face the dreaded truth: I have a cold.

The common cold has its name for a reason: It is everywhere, and fall and winter are prime virus time for these nasty little buggers. University life provides students with so many opportunities to get sick that it's a wonder anyone actually shows up for class at all, and doesn't just hide at home with a hot water bottle, a glass of apple juice and a used tissue mountain so high that scaling it would be an athletic achievement.

Colds are passed around by something called "droplet spread," which means that every time you cough or sneeze, the little drops of mucous, spit and whatever else come flying out and get breathed in by someone else, or land on desks, tabletops and other items where they can live for up to two hours. And just think, every time you sneeze or cough, you bring your hand up to cover your mouth—and imagine what's living on your hands.

The best way to treat a cold is to prevent it, although this can be tricky at school. The sheer volume of students flowing through the

halls and classrooms ensures that waiting viruses have plenty of opportunity to hitch a ride before their two hours are up, and the student lifestyle isn't conducive to building invincible immune systems.

Getting enough sleep is vital to staying healthy, and enough sleep is something the average student quickly comes to regard as a fond and distant memory. Partying, studying, bad cafeteria food, a roommate who snores like a bomber in full flight—there are a thousand reasons why we can't quite make it to the sack. Early classes are another killer. Caffeine becomes many a student's new best friend.

Eating properly, another major aspect of a healthy immune system, becomes hard to do while living on a student's budget. We're called starving students for a reason. And when cost isn't an issue, convenience often is. Junk food and fast or convenience store food, not to mention cafeteria meals, tend to be high in calories and low in nutrients. Even when you're trying to

watch what you eat, it isn't always possible.

The communal nature of life on campus is probably the worst culprit. Everyone breathes the same air, eats at the same tables, touches the same doorknobs . . . There's no doubt that germs are gonna spread.

So here are some helpful tips to avoid getting sick:

First, if you see someone's nose twitch give 'em a wide berth. The speed of airborne sneezes has been pretty impressive.

Wash your hands.

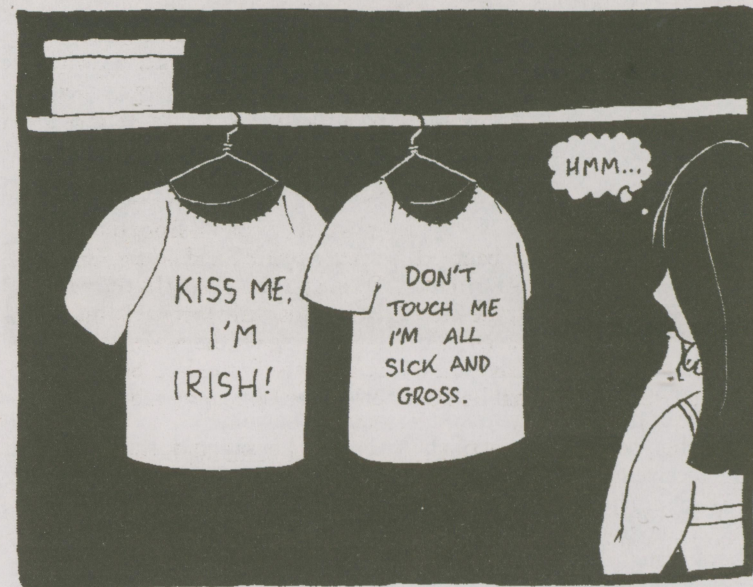
Cover your mouth when you sneeze or cough and then wash 'em again.

Don't offer to shake. If they've read this too, they won't be offended. If they haven't, make 'em.

Don't leave used tissues lying around—it's gross, oozing with germs gross.

Veggies are your friend. Yes, I know they're green. But they won't hurt you, honestly.

And remember, you won't pass your test if you're too ill to go to class, so go to bed—you've earned the rest and it'll do you good.



ANTHONY FRATTAROLI GRAPHIC

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A FILM BY DAVID CRONENBERG

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UVIC BOOKSTORE

Meet the 'People's DJ'

The infamous Carl 'Big Black' Cox hits Victoria with electronica for everyone

Who: Carl Cox
Where: The Blue Pearl, 2835 Bryn Maur Ave., Langford
When: Saturday, Oct. 1 @ 7 p.m.
How Much: \$30

by Briony Smith

The term "born to do it" is bandied about a lot when it comes to DJs, but few can compete with the cred of world-renowned all-star DJ Carl Cox, a man who could only wait a mere eight years to do what he was born to do.

Considered one of the best DJs in the world, Cox, born in Manchester in 1962, began his education at home. His father, a Caribbean immigrant, bought records to fuel his wild parties, putting young Carl in charge of playing the records.

"I'd see everyone dancing like crazy with the selections I put on, but then I'd have to go to bed," chuckles Cox.

"But I'd sneak back down and eventually my father said, 'If you're gonna stay up, you might as well be useful.' And I would put more records on—Aretha Franklin, James Brown, funk, and soul—the people just groovin', and I loved it."

By his own admission, it sounds like something from a movie, but from then on, he became known as "Cox's son, the little boy everyone wanted to come play records at their parties."

The young Cox, always interested in "challenging music," gravitated towards the high-energy aspect of '70s disco; the totally new sound was groundbreaking and would effect all the dance music that followed. Cox, far too young to get into clubs, taped it from the radio.

A pioneer of acid house, Cox was DJ-ing professionally by the time he was in his early teens. He hit it big by cresting on the wave of Britain's rave scene in the late '80s, gaining crossover appeal as a sort of pop star.

In great demand, he now plays at the world's biggest clubs, including a residency at mega-club Space in Ibiza, and runs an empire that includes hit records and singles, a couple of successful record companies, a new live performance DVD, and cameo roles in movies. He's got his share of celebrity, but the audience decides his fate.

Cox is beloved by electronica fans the world over for his magnanimous approach to spinning. There are dozens of sub-genres included in what the uninitiated see as homogenous "dance music," from more ambient sounds to harder-hitting house tracks to funky tribal beats, and many purist DJs stick to one or two subgenres. But Cox, often referred to as the "People's DJ" is blind to musical snobbery.

"Some people might just say that I do techno, but that's not really true.

Spinning tech-house, breaks, tribal, funky house, down-tempo... I sift through all the music out there to bring you the best of all the genres," he says. "All this music will come in a night because I like to take people on a musical journey."

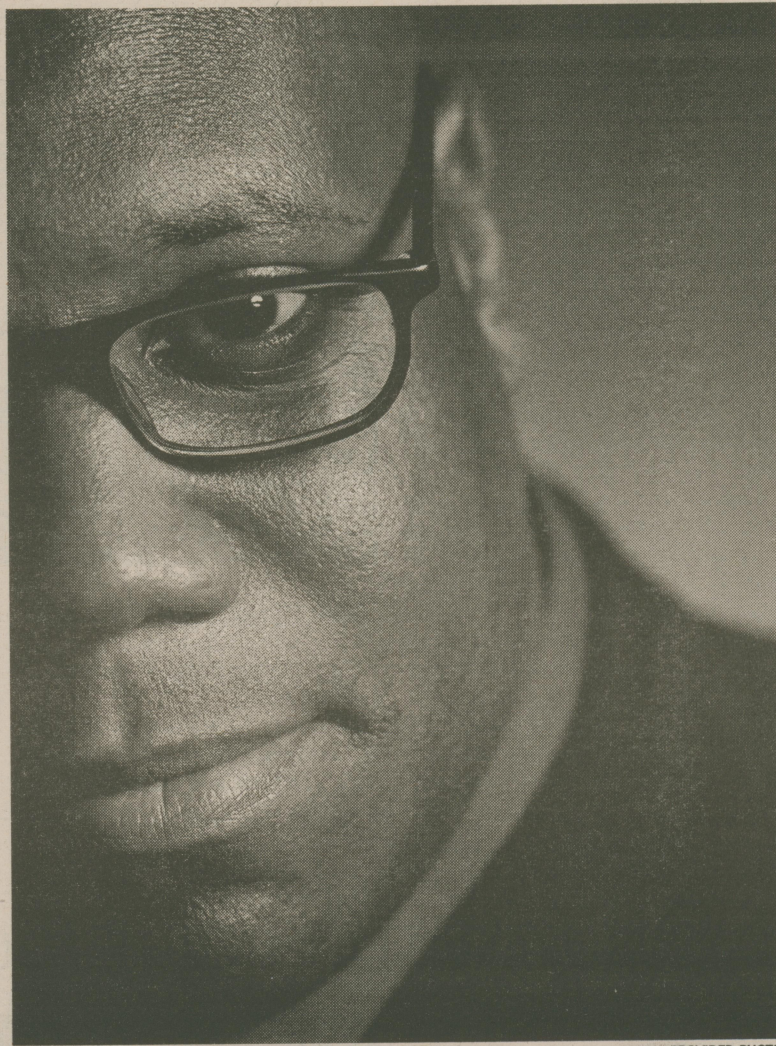
This is why Cox is a great "starter" DJ for those seeking to enter the temple of electronica, a busy thoroughfare where newbies can easily get lost, as well as a resource for the seasoned fan seeking a smorgasbord of style.

"I select music that will best entertain," he says. "It would be selfish to just play trance, or progressive house, or whatever just because that's what I feel like or that's what I like best."

Cox is even fun to watch. After dazzling the DJ-ing world with his ability to spin on three turntables, he has now embraced the even harder trick of playing with three CD players, a fresh challenge that keeps the veteran on top of his game.

Never one to shy away from growth, Cox's new studio album, *Second Sign*, is due out next year and is set to throw the techno community on its ear with a healthy mix of house and techno, along with drum and base and punk-rock guitar.

"With such a festival feel to it, there really is something for everyone here."



PROVIDED PHOTO

Cox mixes genres to take his audience on a "musical journey."

BOOK REVIEW | EPILEPTIC

A fractured family in comics

Epileptic
By David B.
Pantheon Books

by Steven Masuch

Illness casts a shadow over an artist's family in David B.'s latest graphic novel.

Epileptic is the autobiographical story of the author's childhood and how it was affected by his brother's epilepsy. However, this graphic novel is more than a personal story; it's a rumination on a family's history and the author's place in it.

David B., born Pierre-François Beauchard, was the middle child, with an older brother, Jean-Christophe, and a younger sister,

Florence. Jean-Christophe had his first epileptic seizure at the age of seven, and his epilepsy would only get more severe.

His parents, exhausted by the demands of caring for him, tried religious, medicinal, and new age remedies ranging from immersion in the water of Lourdes to macrobiotic communes.

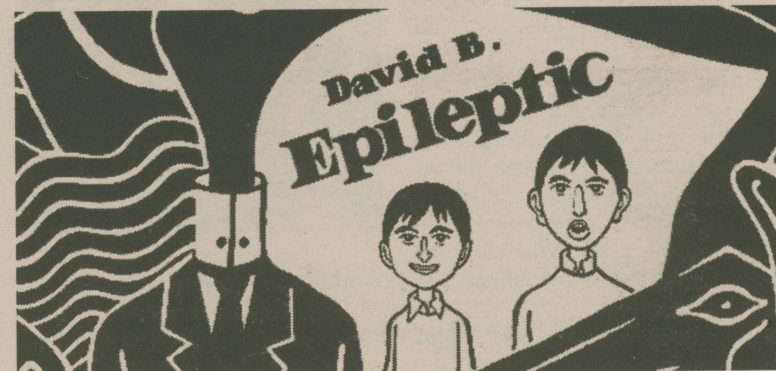
As dramatic as his brother's affliction may be, the story is centered on David and his problems. While Jean-Christophe is dragged (or voluntarily falls) deeper into his illness, David must deal with the pain of losing his brother and the fear of being similarly afflicted.

Epileptic also recounts the life story of David: his artistic develop-

ment, his relationships, and how both have been affected by his brother's illness.

David B.'s thick black-and-white illustrations add an emotional weight to the story that might not have been possible with a realist interpretation. The story is told in the first person while the accompanying art narrates with metaphor. This coupling of text and comics lessens the burden on the art and allows it to be rich and poetic instead of simply expository.

Scale, style, and abstraction are used to show visual metaphors that reveal more about David's view of his story. Jean-Christophe's epilepsy is shown as a dark rage, coming to the surface during a seizure or violent episode. The spirit of David's grandfather, later used as an imaginary companion and confidante, is drawn as a cross between a stork and a suited old man.



Epileptic portrays the fantastic

hopes and despairs of David's life, spent struggling with strong feelings about his brother's epilepsy. At its core, *Epileptic* explores the relationship between brothers, and the artist's perception of himself.

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MOVIE REVIEW | THE CORPSE BRIDE

Tim Burton's *Corpse Bride* de-claws classic horror

by Sacha Narine

It looks fucking great. No one's questioning that. But does Tim Burton's *The Corpse Bride*, an animated film combining stop-motion and CGI, succeed at engaging an audience and telling a story?

Not quite.

While the visuals are gorgeous, prompting plenty of "how'd they do that?" moments, the story is so thin and the humour so flat that *Corpse Bride*, clocking in at a barely-feature-length 76 minutes, struggles to hold the attention of an adult audience.

Despite its wonderfully dark tone and ominous score (courtesy of Danny Elfman), Burton's latest is strictly for kids. I counted a single adult-oriented joke.

Do the math. One laugh divided by 76 minutes equals 0.013 laughs per minute. Compare that to *The 40-Year-Old Virgin's* "laugh a minute" two hours and you can see that Judd Apatow's bawdy comedy



PROVIDED PHOTO

Victor the groom with his bulbous mother and kind old dad.

is, mathematically speaking, 76 times funnier.

To his credit, Johnny Depp voices the bumbling hero Victor with suitable restraint and humility, rather

than conking us over the head with his own celebrity. Emily Watson stands out as the film's non-corpse bride, Victoria, to whom Victor is betrothed. Christopher Lee, that ti-

tan of low-budget horror, lends his basso profundo to the dour Pastor Galswells.

Each and every one of the film's odd characters is a work of twisted, Burton-esque art. Victor stumbles through the woods on legs like chopsticks, his blue-black hair reflecting the moonlight. His mother's ample figure resembles a collection of large balls sewn together. Lady Everglot, the mother of the bride, sports a spear-like hairdo, hook nose, and eyebrows that seem to be slowly, secretly attacking her eyes.

And while Danny Elfman's score interplays perfectly with the film's dark atmosphere, his set-piece songs will have you begging for *The Lion King*.

The great trouble with animated features is their dependence on prolonged musical numbers for exposition. The pitfall: if you can't understand the lyrics, you're missing part of the narrative. For most moviegoers, that's a frustrating ex-

perience—like watching a foreign-language film without subtitles. That's just how I felt with many of *Corpse Bride's* musical interludes, and the ones that I could understand, I didn't much like. Far from catchy, the songs point to Elfman's obvious shortcomings as a lyricist.

As mentioned, *The Corpse Bride* fails as an adult comedy, unlike the similarly themed *Shrek*. Its humour may not even appeal to children, who could be frightened by the sinister visuals.

But in a way, simplicity elevates the film to a higher plane of escapism. You'll be hard-pressed to find another movie so morally decisive, and so comforting.

It's nice to be transported to this simple world—with its single unscrupulous character, its fearlessly happy ending, and its de-clawed depiction of classic horror—but don't expect a masterpiece. *The Corpse Bride* is a passable entertainment, an admirable piece of art, and an unremarkable movie.

MOVIE REVIEW | PROOF

Math drama can't factor out boredom

by Sacha Narine

A sullen Gwyneth Paltrow sits in the back of a departing taxi. Jake Gyllenhaal, charismatic and attractive (as always), leaps into action, sprinting after the taxi with a slim, black notebook clamped in one hand. Gwyneth reluctantly rolls down her window as Gyllenhaal hurls the notebook—in slow motion—at Gwyneth's tiny, beautiful head.

The audience stifles a laugh. My film-going companion forgets how to stifle and simply laughs. The notebook, twirling through the air in slow-mo, symbolizes director John Madden's achievement with *Proof*. He has made what can only be described as a rather embarrassing film.

Proof is a movie (and a play) about mathematical genius, although the story itself eschews the details of math in order to focus on a reliable cinematic theme: the fine line dividing brilliance and madness.

Anthony Hopkins plays Robert Llewellyn, a British mathematician who devised groundbreaking theo-



PROVIDED PHOTO

A neurotic Gwyneth Paltrow finds a shoulder to cry on.

rems in his youth and spent his final years battling mental illness. His daughter Catherine (Paltrow) cares for him until he dies suddenly of an aneurysm, a death revealed inelegantly in the film's hackneyed lead-in.

When a young grad student (Gyllenhaal) discovers a landmark

mathematical proof locked in Robert's desk, the plot wheels start creaking and a decidedly bland mystery plays out.

Hope Davis, playing Catherine's sister, wins the award for the film's most obvious line. When Catherine asks if she (Catherine) is crazy like her father, Davis responds, "I think

you have some of his talent and some of his tendency towards instability."

From the film's somewhat promising start to its lazy, predictable finish, we KNOW Catherine is like her father. At the happiest time in her life—newly married and toting around a bright-eyed baby girl—Gwyneth Paltrow plays a depressive, delusional mathematician with intimacy problems. The results are far from convincing.

Although Paltrow played the same role in David Auburn's play, upon which this film is based, her onscreen battle with depression and inner turmoil could have used some reinforcements.

The Catherine character is consistently unappealing, unsympathetic, and unbelievable.

Paltrow's natural luminosity should have barred her from playing this role, originated on the stage by Mary-Louise Parker, an actress with less celebrity baggage and just as much talent.

What keeps *Proof* from descending into self-parody are convincing performances from Hopkins and

Gyllenhaal, who plays the curious grad student examining the 103 notebooks Robert compulsively filled up in the five years before his death.

Looking more like an underwear model than a doctoral student in math, Gyllenhaal makes an awkward first impression, but his easy delivery and undeniable charm as an actor elevate the movie closer to director John Madden's previous success, *Shakespeare in Love*.

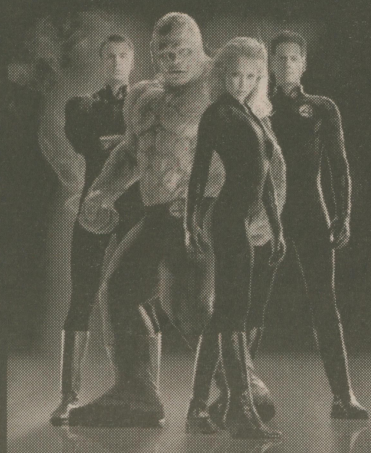
It never reaches the same level of entertainment or shows the same technical competence, but *Proof* has its moments. Anthony Hopkins paints a deft portrait of neurosis and manic behaviour, earning yet another hefty paycheck for the shrewdest Brit in Hollywood.

Most shocking is the critical adoration lavished on the film from sources like Ebert & Roeper and Variety Magazine. If *Proof* is to mark the beginning of the Oscar season, we're off to a poor start.

Better to wait for David Cronenberg's *A History of Violence* or Bennett Miller's *Capote* before phoning in 600 words of careless praise.

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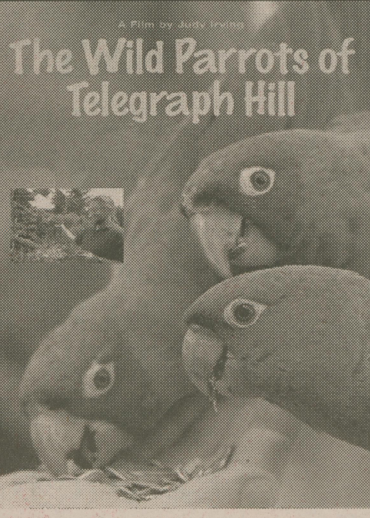
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UVic Idol: Talent show or drunken ramble?

What: UVic Idol
Where: Felicita's in the SUB
When: 8 to 10 p.m., Thursdays until Nov. 24

by Danielle Pope

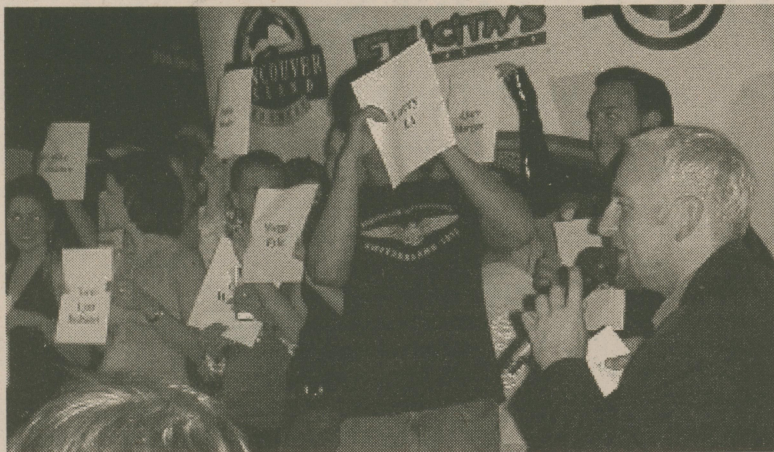
It's Thursday night at Felicita's. The beer is flowing, people are laughing and the place is packed.

But as the lights go down and the crowd begins to scream, it's clear that tonight is anything but ordinary. Out onto the stage steps a young man holding a microphone and shaking slightly. He opens his mouth. He begins to sing. The audience explodes.

He's just the first of 60 people hoping to be the next UVic Idol.

Tristin Morton and Christine Wu are second-year students at UVic who came to cheer on their friends. Both said their favorite part of the evening was hearing their friends sing, but that wasn't all.

"I heard about the contest last year, but I was too young to go," says Morton, 19, from Salt Spring Is-



DANIELLE POPE PHOTO

Hopeful student performers hold up their names for voters.

land. "This is the first time I've been to Felicita's. I really like it."

Wu has a different perspective. "This is really good end-of-the-week entertainment," says the 19 year-old Vancouverite. "I'll come every Thursday if I can make it."

UVic Idol, a spin-off of the popular TV shows, American Idol and Canadian Idol, has contestants

compete by "rocking out" to their favorite karaoke tunes.

Mark Chandler, the UVSS Director of Services, hopes this year's Idol will be even better than the first. "Last year the event was very successful," says Chandler. "The main priority this year is to expand on its success."

During the first four weeks, 32

singers are chosen to return for the semi-final round. From there, 12 contestants go on to the final round, where they will compete to win a \$1,000 travel voucher from Travel Cuts, along with spending money and travel necessities.

Chandler says he's happy with the turn out, but adds that the crowd will only grow. He expects a packed house for the second round and finals. For students who'd like to give it a shot, Chandler says there's still room.

"I was very impressed by all the performers," says Chandler. "It's those who entertain the crowd that really stand out."

Terri-Lynn deRuiter, a first-year student and a contestant on Sept. 22, says her experience was intimidating. "Being on stage was nerve-racking," says the Ottawa native. "I messed up part of my song, but I did the best I could."

Despite her difficulties, deRuiter, 24, is proud of what she did. "I'm glad I gave myself a chance to be in front of people. I'm normally pretty

shy and this helped me break through my shell."

The contestants won't know the results until the following Thursday night. "It would be exciting to make it into the next round," deRuiter says. "I'd like to give it another shot."

While 40 per cent of the vote belongs to three judges, 60 per cent is left up to the viewers. And with the judges comparing contestants to everything from orgasms to motorcycles, it's worth showing up to see.

Noha Turek, a graduate student from Israel, came to watch her two roommates perform. "The whole experience was a blast," says Turek. "It's a great opportunity to have fun and forget about school for a few hours."

When asked if she'd want to try out, the 25-year-old utters a resounding no.

"I don't consider myself a good enough singer to be in a contest, but I hope my roommates will [make it] to the next round. Now we have something to do on Thursdays."

Local rockers Jets Overhead debut new LP

Who: Jets Overhead
Where: Steamer's Pub, 570 Yates
When: Thursday, Sept. 29 @ 9 p.m.
How much: \$6

by Micah Luxen

On their new album *Bridges*, Jets Overhead speaks out about death, self-discovery, belief (or a lack thereof) and love.

"Not like the Beatles 'I Want to Hold your Hand,'" says bassist Jocelyn Greenwood. "But love is in all that stuff, right? Everyone gets something different out of our show. Some people party, some just [absorb] the lyrics."

Jets Overhead have polished their act for the large crowds, while they've gotten used to touring with Our Lady Peace.

"We want to be remembered for making really good music, rather than sounding like a one-hit-wonder," she says. "When we're performing, it's actually like we're more alone than at any other time. You're just up there doing your thing and you forget that the audience is out there looking at you."

"Our band is modern, ambient and fully psychedelic," says Green-



PROVIDED PHOTO

Formed back in 2002, Victoria's Jets Overhead are only now releasing their first full-length record, *Bridges*.

wood, adding that the Victoria quintet is aiming for a style reminiscent of Pink Floyd and The Who.

The band is particularly proud of their Euro-Canadian sound, which sets them apart from mainstream American rock.

Theirs is a sound unique enough to land them an opening spot for Tegan and Sara, Powderfinger and 54-40, just to name a few. In fact, Neil Osborne of 54-40 has so much faith in Jets Overhead that he produced the group's new album.

But life in a band isn't only about realizing creativity. The group had a run-in with reality just last month.

"Somewhere along the Coquihalla Highway, our van broke down," says

Greenwood. "We had to call a tow-truck in the middle of nowhere, and we were already in a mad rush to get to Calgary."

The band ended up cruising in a Lincoln Navigator and arriving at the venue with just 20 minutes to

showtime.

"It was so hectic. The audience was swearing and heckling us, but Our Lady Peace was so great and let us use a lot of their gear."

Briefly escaping the shadow of 54-40 and OLP, Jets Overhead plays

Steamer's Sept. 29 to commemorate the release of their first full-length LP, *Bridges*. With the group's tour plans and increasing popularity, this could be Victoria's last chance to see the group in an intimate environment.



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Thursday, October 6, 2005 at 4:30 PM
in SUB B028

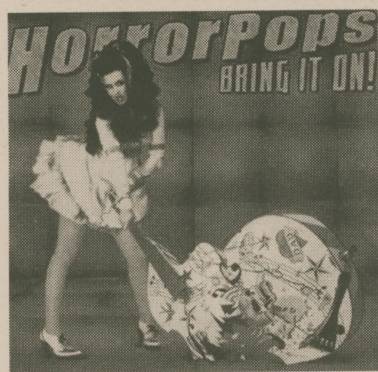
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CD REVIEWS | THE HORRORPOPS / THE RASMUS / JULIET

Reviews of shiny music discs

Finnish hard rock evolves, Juliet caters to club kids, and The Horrorpops aim for the straight and narrow



Horrorpops
Bring It On!
Epitaph

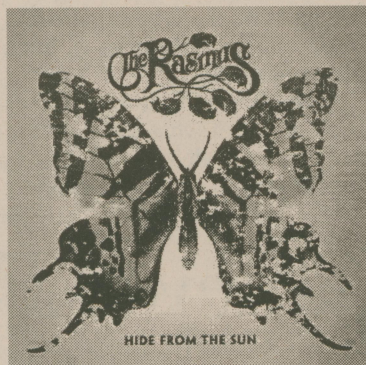
Stuck in a stagnating genre, the Horrorpops' second release, *Bring It On!*, attempts to distance the band from its psychobilly origins. More rock than punk, *Bring It On!* has little to do with the genre that brought the band success. What worked so well for their first album doesn't hold true for the second, and *Bring It On!* doesn't pack the same punch.

The album's message is apparent from the first song, "Freaks in Uniform"—the Pops will not be constrained by what the psychobilly genre dictates. The song rails against scenesters and critics who think the band should be doing one thing and one thing only.

However, the band is so intent on proving that they're not just psychobilly that the music comes off as blasé and indecisive. The Horrorpops' attempt at pure rock and roll lacks the multidimensional songs that gave *Hell Yeah!* its replay value. Furthermore, the Pops concentrate so hard on distancing themselves from other psychobilly bands that they've grown stylistically undefined.

The Horrorpops' second record is lacklustre, suitable only for dedicated fans. If you're looking for a truly rocking disc, look somewhere else.

—Ford Walker



The Rasmus
Hide From the Sun
Playground/Universal

Last year, The Rasmus burst onto

the U.K. music scene with their fifth album, *Dead Letters*. The album sold 1.5 million copies worldwide and gave the group a following outside their home country of Finland, something they'd been struggling to achieve for the past 11 years. *Hide From the Sun* is the hard rock/metal band's sixth offering, and serves up much of the same.

During the first couple of listens, *Hide From the Sun* seems almost like an extension of *Dead Letters*. And indeed, they even have what they call a "lyrical sequel" to last year's single "In the Shadows," called "Night After Night (Out of the Shadows)."

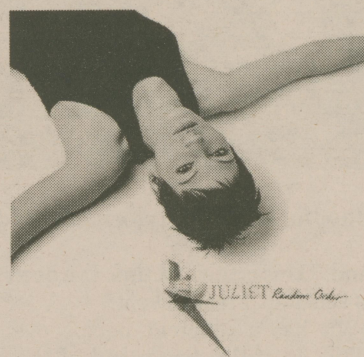
While it may not surpass *Dead Letters*, the new album is just as solid. The confidence of the band and lead singer Lauri Ylönen have grown as well, but not to the point that they're cocky in their writing.

The most likely single is the powerful and driven "No Fear." Other notables include "Dead Promises," in which metal cello quartet Apocalyptica make a guest appearance, and "Keep Your Heart Broken," which has an eerily catchy chorus for such a dark and manipulative topic.

Like *Dead Letters*, *Hide from the Sun* doesn't really have any obvious pitfalls, and it won't grow cold after just a few listens. The Rasmus'

unique vision of hard rock with Euro-pop influences is a welcome counterpoint to North America's overflow of tasteless modern rock.

—Sarah L. Wakelin



Juliet
Random Order
Virgin

Juliet Richardson is a singer-songwriter determined not to be like anyone else. *Random Order* is a suitable title for the album, as most of the songs sound nothing alike, and yet the entire album ties together.

Juliet is certainly unique and has successfully torn herself away from the cookie-cutter image of so many female singers today.

The only recognizable song on the album is "Ride The Pain," which dominated club charts this summer. "Avalon" is definitely one for the clubs, and the chorus to "Neverland" showcases Juliet's voice beautifully.

Her music is particularly unusual, like a combination of Frou Frou and Kylie Minogue with some emo angst mixed in. Although fairly new to the music scene, Juliet sings like a veteran.

A few tracks on the album are exhausting and repetitive (such as "Nu Taboo" and "On The Dance-floor"), but the romantic "New Shoes" will win you over. The album finishes on a refreshing note with "Pot of Gold," and Juliet redeems herself after a handful of bland, repetitive tunes.

—Yael Kolet

What We're Listening To

We at the *Martlet* like to kick out the jams from time to time. Here's where it's at in SUB B011.

Aaron McMillan, Photo Editor
Shiloh -- December 2004 Proton Radio, Electrofly Mix

"It's really, really, really, really good."

Bryna Hallam, Editor-in-Chief
Tegan and Sara -- *So Jealous*

"The talented twins' most refined album, full of pared-down catchy tunes and poignant lyrics."

Anthony Frattaroli, Graphics Editor
Blackalicious -- *The Craft*

"This shit is bananas."

Graham Stark, Production Coordinator
Gorillaz -- *Demon Days*

"On a scale of one-to-awesome, this album is super great."

Sacha Narine, Arts Editor
Chet -- *Kau'ai*

"Local, and full of joy."

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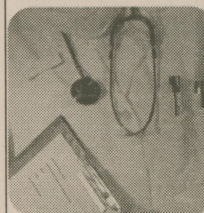
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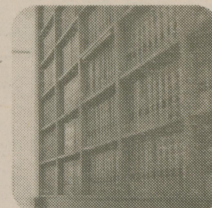
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www.ouac.on.ca/olsas/ **OLSAS**
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Divers drawn to lush life of the Pacific

UVic Scuba Club braves chilly waters to explore diverse local sea life

by Anna Czolpinski

While scuba divers may fiercely guard the location of their favourite dive sites, they're quick to describe the beauty and adventure lurking beneath the surface, not to mention the near-freezing temperatures of the Pacific Ocean.

With temperatures hovering around six or seven degrees Celsius year round, the water around the southern end of Vancouver Island is chilly.

But with some of the world's best diving found in the waters around the capital city, including chance encounters with a diverse spectrum of marine life, divers take the frigid temperatures in stride.

"Bringing a thermos full of hot water to warm up your wetsuit makes multiple dives a lot more enjoyable," said UVic Scuba Club president Kevin Stuart. "That being said, in the winter months, I still curse as my dive buddy, Jeff Kyba, fully clad in sweater and fleece under his dry suit, laughs as I'm peeling off my gear into my birthday suit."

Many people prefer to use dry suits, which keep divers completely dry, while diving in cold water, but some divers, like Stuart, tough it out in cheaper wetsuits.

With a mission to get its members in the water as often as possible, the UVic club brings together divers of various abilities at least once a week for watery excursions. They also organize three boat charters each semester with reduced rates on rental gear. The club also focuses on the ecological responsibility inherent to scuba diving.

Stuart said informative talks and a strong connection to the scientific dive community are two ways to promote environmentally sound diving practices and to gain understanding of a human's place in the



MARK HIEBERT PHOTO

A decorated warbonnet hides in a boot sponge.

ocean.

With more than two-thirds of the planet underwater, club vice president Kyba said he dives to gain a better appreciation of nature. "Diving makes the [part] underwater accessible, [and] swimming in a weightless environment, watching

nature's creatures and blowing bubbles are all a lot of fun to me."

"Each different place offers a different slice of marine diversity," said avid diver and UVic biology professor Tom Reimchen.

For example, at Race Rocks, an ecological preserve southwest of

Victoria in the Strait of Juan de Fuca, "the colours are phenomenal [and there are] continuous sea anemones, almost every one a different colour." The site also boasts wolf eels and other large fish, octopuses and seals, said Reimchen who noted that the main attraction is the sea lions that haul out during the winter and cover nearly every rock and islet.

Kyba is deliberately vague when it comes to the location of his preferred dive site, saying directions are confidential information. He shares his excitement, however, including a detailed image of the underwater world.

"It's a shore dive with an easy entry where the water is almost always clear. You . . . descend to a gently sloped bottom covered in sea grasses and kelp where nudibranchs—snails without shells that are very colourful and gorgeous—crabs and cod fish like to hang out. This is where the wall begins and the lush life of the Pacific flourishes.

"On the wall, white plumose anemones reach out, grasping for bits of floating food. Giant ling cod lurk for unsuspecting smaller fish, sea urchins move their spikes to ward off the abusive types, prawns stare you down with glowing pink eyes, rock fish dash from right in front of you but otherwise are completely hidden with perfect camo, and flounders skirt around the sandy bottom below then bury themselves to the eye lids and disappear.

"Then you see them. Deep in a crack surrounded by a pile of crab shells [there is] an eye, maybe two, and a string of tentacles. [It's] the den of a giant Pacific octopus waiting for night to fall and dinner to come a bit closer."

For information on the UVic Scuba Club e-mail Kevin Stuart at kns25@uvic.ca.

POPULAR DIVE SITES IN VICTORIA

Ogden Point Breakwater and Clover Point

One of the most popular dive sites in the Victoria area, these sites are popular due to easy access to the water, a wide variety of marine life, and shelter from waves and current. Found on Dallas Road near Beacon Hill Park the breakwater is a one kilometer-long structure of rectangular blocks. Signs and marine identification keys offer an overview of the site. Clover Point is approximately two kilometres south along Dallas Road.

A dive centre and charter is located near the breakwater. Visit www.divevictoria.com.

Ten Mile Point

Here, says BritishColumbia.com, divers will see "a spectacular display of swimming scallops scurrying off in all directions like a school of false teeth."

Ten Mile Point cuts between Haro Strait and the Strait of Juan de Fuca and is appropriate for advanced divers because of a quick-to-change current.

Use a map of Victoria to help you find the site near Cadboro Bay. Head for Tudor Avenue, and take a right on Baynes Road.

Race Rocks

Accessed by boat from Victoria's downtown Inner Harbour, many consider Race Rocks the area's best dive site. The most southern part of Canada's Pacific coast, the 250-hectare marine reserve is named for strong tidal currents and rocky reefs.

Along with an abundance of marine life (fish, octopuses, sea lions, otters, whales, porpoises) and birds, divers can visit debris from more than 100 ships that met their end at Race Rocks.

For a virtual tour and details, visit www.racerocks.com.



Cross country

Both the men and women's cross country teams captured first place at the St. Martin's Invitational in Olympia, Washington.

The women topped the second-place team by 12 points with a score of 26 while the men were one point shy of a perfect score with 20 points.

The men moved up the Canadian Interuniversity Sport rankings this week to fourth from sixth place. The women jumped to sixth from seventh place.

Field hockey – Women

It was a rough weekend for the Vikes at the opening Canada West tournament in Edmonton Sept. 23–25

The Vikes lost the season opener 3–0 to the U of Alberta Pandas and also suffered a shutout in the third game, losing 1–0 to the UBC Thunderbirds. The squad of 11 rookies and five veterans tied the U of Calgary Dinos 1–1.

In the final standings, the Pandas sit in first with three points; the Birds follow with two points and the Vikes and Dinos round out the list with no points.

Golf

The men's golf team took the first tournament of the year, played Sept. 18–20 at the NAIA regional invitational in Helena, Montana. They teed-off to finish with a three-round score of 848 and placed 14 strokes ahead of the second place

Lewis & Clark team.

The women's team finished third with a score of 1049.

Women's rugby

The Vikes take their first win of the season under new coach David Graham, pummeling the James Bay Athletic Association 72–20. Selina McKay, Jessica Dovanne, Jenna Waddy and Amanda Campbell scored.

Men's Rugby

In a low-scoring game the Vikes lost to the James Bay Athletic Association 22–17.

Dave Spicer and Dave Moonlight scored.



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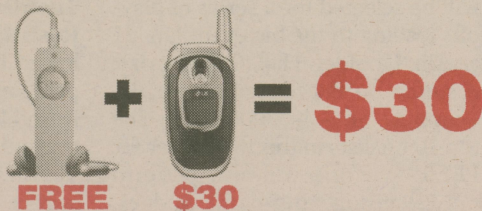
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Breast cancer survivors to Run for the Cure at UVic

by Briony Smith

Those searching for that kick in the pants to get them out for a run need only look to the CIBC-sponsored Run for the Cure—the 12th annual fundraiser for breast cancer research and awareness that takes place Oct. 2.

If finding a cure for cancer doesn't motivate you, boy, are you in trouble.

And research shows that those stuck in sedentary mode could be in trouble, too.

"Lifestyle affects your risk level for getting breast cancer," said Barb Carter, media co-ordinator for Victoria's Run for the Cure.

"Getting 30 [daily] minutes of exercise, such as running... helps to maintain a healthy body weight and reduce your fat levels, which can work against the development of cancer."

Add in a better attitude and support from fellow athletes, and cancer survivors can get better faster and live longer, she explains.

"That's what the run is all about. We really just want to get women—especially young women—to take charge of their health and be aware

of the benefits of an active lifestyle."

Charlene Boge joined a Running Room clinic for breast cancer survivors and became aware of the possibility of an active life post-cancer when she spotted Pat Smart, a 72-year-old breast cancer survivor, walking last year's Run for the Cure.

"I told [Smart], 'Next year, you won't be alone. I never thought I'd actually get to be running, and now we are.'"

Smart chimed in, "I hadn't run for many years, and starting with three minutes straight of running seemed like the hardest thing in the world. But now the sky's the limit!"

In addition to the running clinic, the women also take part in paddling sports such as outrigger canoeing, kayaking and dragon boating.

A 1996 study published in the *Canadian Medical Association Journal* documented how Dr. Donald McKenzie of UBC's Allan McGavin Sports Medicine Center formed a dragon boat team for breast cancer survivors to prove that exercise was beneficial to health recovery.

He found that physical activity could suppress the excess estrogen

production that is linked to breast cancer development. The upper-body activity of paddling helped the survivors with recovery by improving their range of motion and reversing muscle atrophy. The activity also helped muscle activation and a general pepping-up of the immune system.

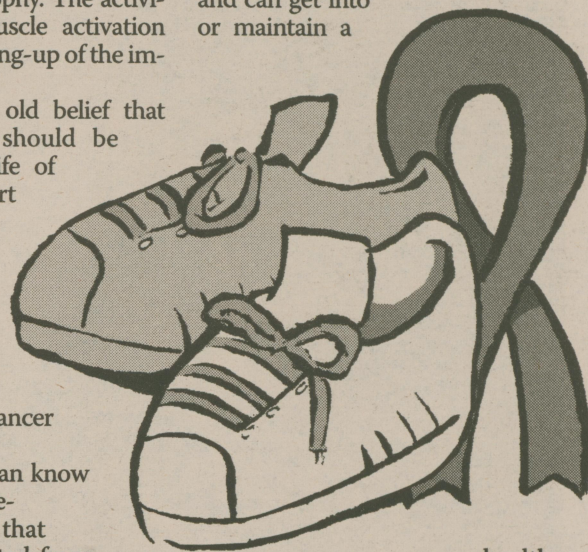
Contrary to the old belief that cancer survivors should be constricted to a life of rest, Boge and Smart prove that many are using an active lifestyle to inspire both women in treatment and those who might one day have breast cancer themselves.

"Seeing us, they can know that it's not all depressing and that they're not prohibited from exercising for the rest of their lives," said Boge. "It's a message of hope."

Smart hopes to make use of the next year to gear up for the inaugural World Breast Cancer Survivor Dragon Boat Races planned for Sin-

gapore in September 2006. "When you put your mind to it," she chuckled, "who knows what you can do?"

You too can take part in this year's Run for the Cure and can get into or maintain a



healthy lifestyle in order to support those who can't have one at the moment. Proceeds go towards the Canadian Breast Cancer Foundation's British Columbia/Yukon chapter, including the BC Cancer Agency Vancouver Island Centre, a

research centre located in Victoria.

Victoria boasted over 6,100 runners and scraped together \$460,000 of the \$21 million raised nationwide last year.

Somewhere across Canada this year, the Run's millionth person will cross the finish line. It could even be a member of one of Victoria's teams, which boast names like These Boobs Were Made for Walking, One Mam Band, Healthy, Hooters, Breast Friends, The Young and the Breastless, and Walking Abreast.

"Run for the Cure is unique, as it's a sort of grassroots cause—a run for everyone, especially those right at the centre who have survived or been touched by breast cancer," said Carter.

"Whether we do advertising or not, the word of mouth and support network always ensures that people come out."

Registration for the one or five kilometre walk/run begins Sunday Oct. 2 at 7 a.m. at UVic's parking lot 4 near Centennial Stadium.

Opening ceremonies are at 8:30 a.m. and the run starts at 9 a.m. Visit www.cibcrunfortheure.com for more information.

McGill suspends six football players after hazing ritual

First-year student alleges he was prodded with a broomstick by veteran players

by Patrick Szpak

The athletic department at McGill University is on the defensive as details emerge about rookie hazing rituals that prompted one member of the school's varsity football team to withdraw from the institution.

An unnamed 18-year-old rookie came forward last week with details of a humiliating hazing that occurred Aug. 27 at the hands of veteran players.

The alleged degradations included being prodded in the anus with a broomstick while on his hands and knees with a dog's chew toy in his teeth. He was wearing boxer shorts at the time.

He also claimed that two other

rookies were forced to strip down the their boxers and pantomime performing fellatio on each other while a senior player demanded, "I want his legs wrapped around your neck and your legs wrapped around his neck."

The rookie left the ritual and complained to the team's head coach, an act that prompted the one-game suspension of five co-captains and the indefinite suspension of another player.

The rookie has withdrawn from the university and 20 of his teammates have since issued a formal apology for the alleged hazing.

"Hazing is inconsistent with the university's values and it will not be tolerated," stated the web site for

McGill athletic department. However, according to the *McGill Tribune*, a McGill newspaper, the football hazing is an annual rite where the broomstick is commonly referred to as "Dr. Broom the proctologist."

Earl Zukerman, a spokesman for the McGill athletics department, said some rookies refused to take part in the initiation rite and were kept on the team. Students are told not to take initiations too far, but Zukerman said, "you can't follow them around with handcuffs, watching what they're doing every minute."

Like McGill, where administrators are now looking to strengthen anti-hazing policy, UVic holds a

zero-tolerance attitude towards initiation. Students found guilty of hazing can be expelled.

Coaches and staff at UVic were reluctant to talk to the *Martlet* about the existence of sports hazing at the post-secondary level, but the head coach of the women's rugby team was clear about both his and the university's position on hazing.

"At our orientation, hazing is specifically mentioned as being forbidden," said David Graham, a former player and high school teacher who established the girl's rugby program at Esquimalt High School in 1999.

"[We] make it very clear that it is a privilege to wear the Vikes uniform and that wherever they go as

Vikes—on the field and off it—they represent the university and that their behavior should be acceptable and more than that, exemplary."

A coach with over 30 years' experience, Graham said hazing has never been a problem on his teams. As a coach it's necessary to show leadership, he said, and set the tone.

He emphasized that there is no place for hazing on his teams.

"I've talked to the players for the need to work together and make the experience for everybody a positive experience... everybody has to be included, everybody has to be treated respectfully. People using power and position inappropriately, there's no place for it in sport, there's no place for it in life."

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The BC Cancer Agency - Vancouver Island Centre is currently recruiting volunteers for Patient Support positions and for their busy TealC Café. Shifts are 3 and 4 hour, once a week. If you are interested in volunteering in this rewarding environment and are available to help out during a weekday, please contact Volunteer Services at 519-5500 ext 3747.

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Got a song in your heart? Sign up for Victoria Idol this month and prepare for stardom. Forty amateur Vancouver Island singers of all ages will be selected for a series of play-offs leading to the big event Jan. 21 at Alix Gooldeen Hall. Grand prize: A studio-produced recording of the winning song – a \$3000 value. The top 10 finalists in this fundraiser for PEERS Victoria will also perform on television. Big-name judges, great prizes, fun and a good cause to boot – what are you waiting for? Application forms and information on-line at www.VictoriaIdol.com, or by calling 388-5350. Deadline for

entries: Oct. 5.

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Jewish High Holiday Celebrations **Tuesday, October 4th, 5:00 pm - Rosh Hashanah Celebration** followed by our annual potluck supper. Enjoy a Secular Humanistic Rosh Hashanah Service and an opportunity to share in the joy of Yom Tov in a non-traditional way. The service will be lead by Ceremonial Leader, Sharon Kobrinsky and our resident musician, Gary Cohen. Non-member fee is \$20.00 **Thursday, October 13th, 6:00 p.m. - Yom Kippur Service -**

Everyone is invited to join our annual Yom Kippur Service which will be followed by a potluck supper to break the fast. The service will be lead by Ceremonial Leader, Sharon Kobrinsky and our resident musician, Gary Cohen. Non-members - \$20.00. Contact Sharon Kobrinsky - 474-7173 for more information.

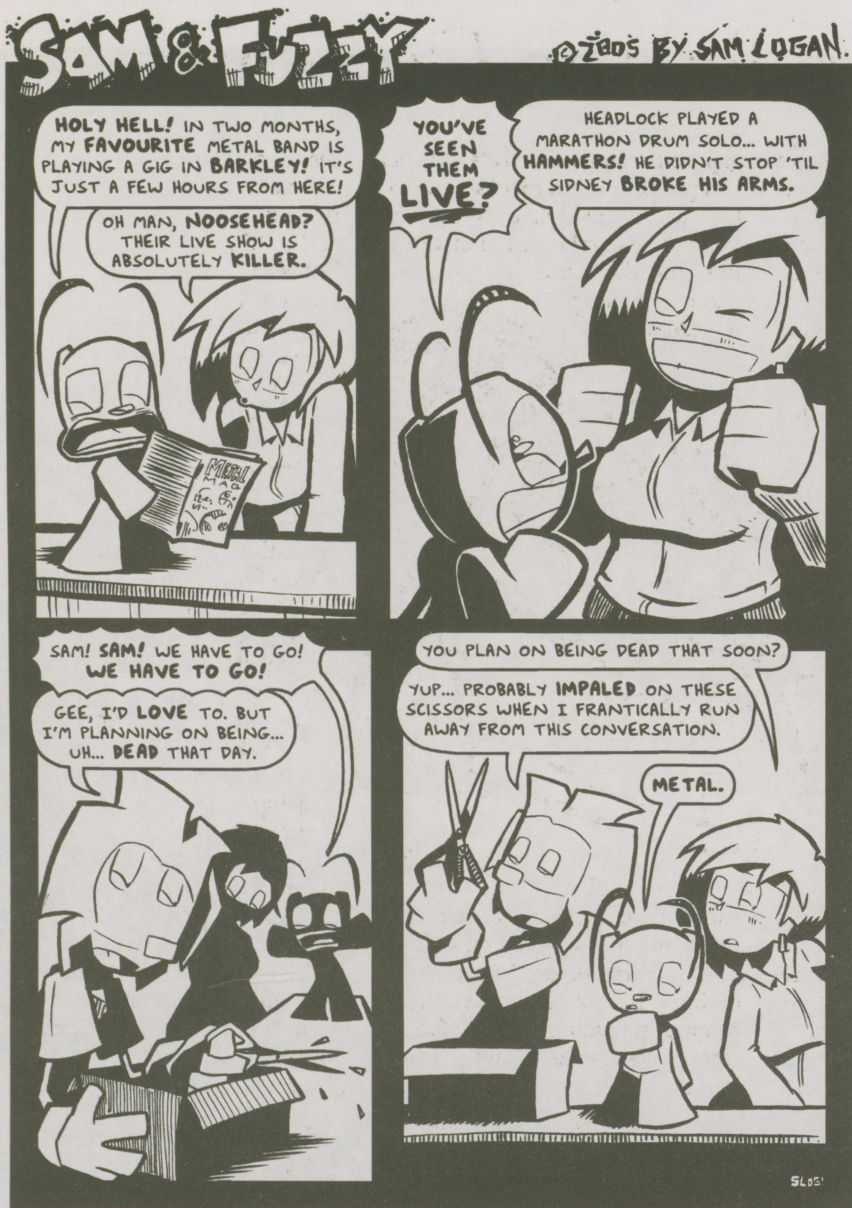
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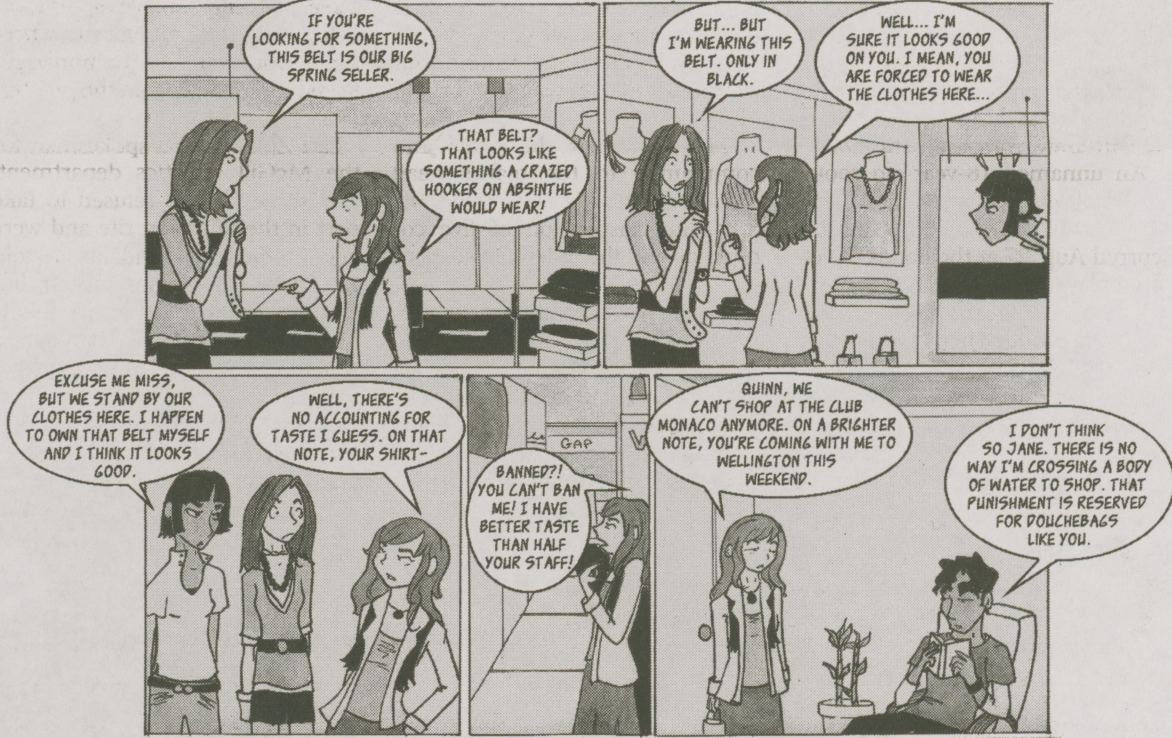
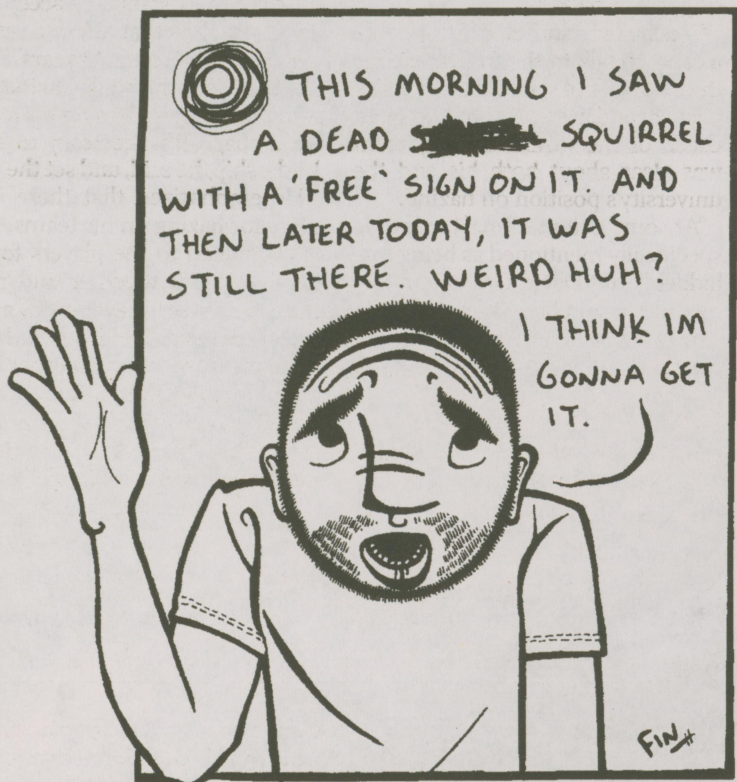
\$125 for social work texts is ridiculous, but I didn't get to hear your name or your story. Maybe you could tell me over coffee and cigarettes sometime. You're way cuter than Zac Bran F. (p.s. it's Amanda).

Briony & Jeffery—I'm excited for our trundle bed threesome. I'm engorged with anticipation. N.F.S.



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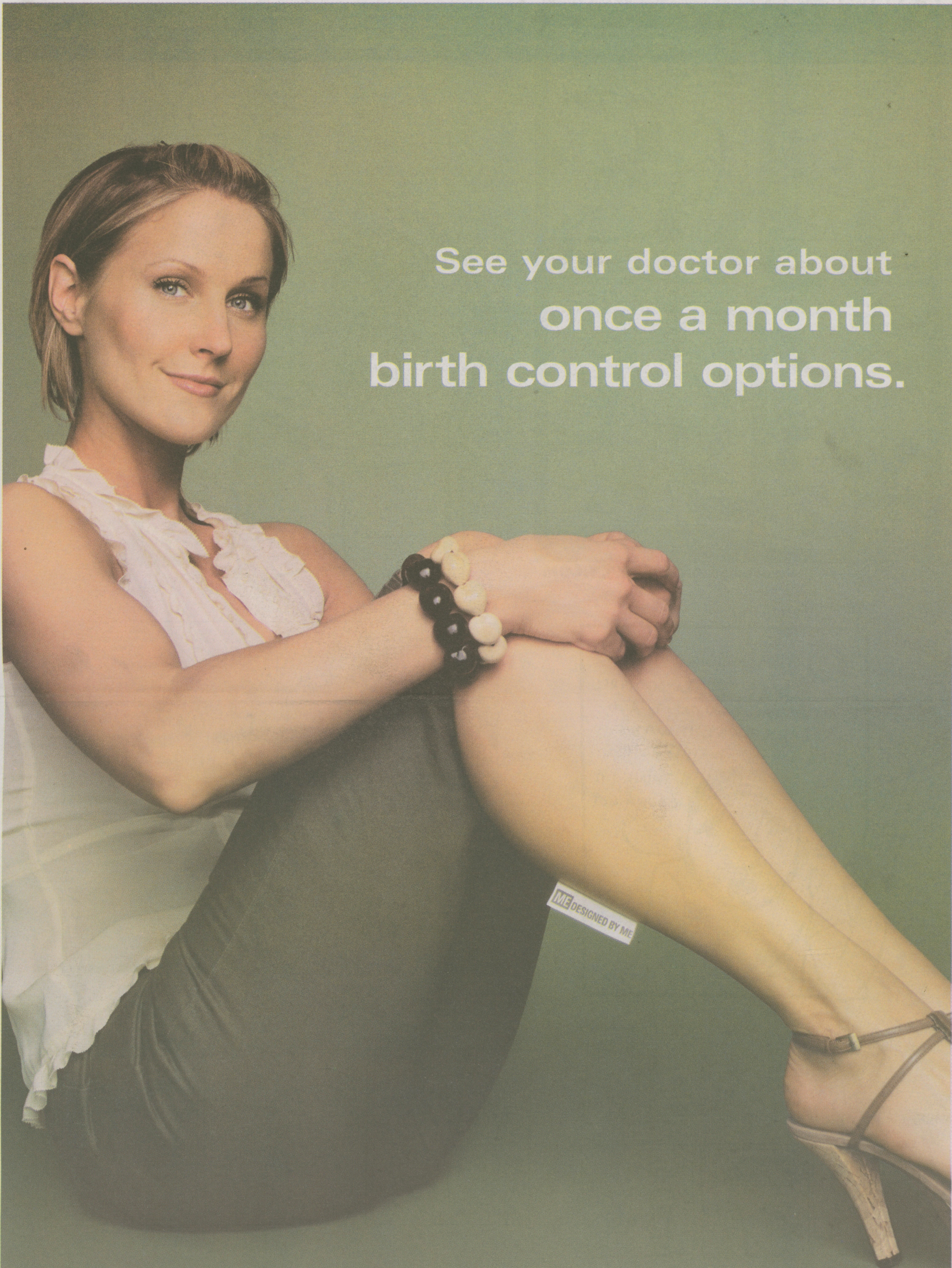
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